RUMFORD COMPLETE COOK BOOK

More than 5,000,000 copies in use

Mrs. F. E. Craven

BENJAMIN THOMPSON

Count Rumford

The American ennobled by the courts of Europe because of his pioneer discoveries in cooking.

After a century and a half, he is honored today as the grand master of the great guild of chefs, the first and greatest scientist of the kitchen.

He was the first to study diet; to invent an effective oven, and roaster, and tea kettle, and boiler; to advocate drip coffee; to suggest holes in the handles of pots and pans so they can be hung up; to analyze fuels and the management of heat; to devise the modern air-tight stove; to lay out efficient kitchens; to reason about the construction of oven doors and thereby open up the great field of insulation.

"*My principal design,*" he said, "*is to fix the attention of my readers on a subject which is highly interesting and deserving of the most serious consideration. I wish to inspire cooks with a just idea of the importance of their art. In what other art could improvements be made that would more powerfully contribute to the enjoyments of mankind?*"

RUMFORD
Complete
COOK BOOK

BY

Lily Haxworth Wallace.

Graduate of National Training School of Cookery, London, Lily Haxworth Wallace is a widely known American food specialist and consultant, a frequent lecturer and writer on home economics. For sixteen years she was homemaking Editor of *Woman's World* and is now associated with the Household Arts Department of Ballard School, New York. Author and regular contributor to *Practical Home Economics* and other magazines, among her many books famous in the culinary world are *Sea Food Cookery*, *Just for Two*, and *Carving the Easy Way*.

RUMFORD CHEMICAL WORKS

Established 1854

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PREFACE

THIS book is the newest link in perhaps the greatest of cooking traditions. One can start that tradition 85 years ago, when Rumford was the first to issue booklets and folders on better cooking. So useful did these prove that in 1908 Rumford brought out the first edition of its famous Complete Cook Book. With the unequalled testing of the years, friends of this book and sharers in its delights have increased, until today there are more than 5,000,000 copies of it in use.

This edition lives wholly up to the great Rumford tradition. Again, under the skilled direction of Mrs. Lily Haxworth Wallace, it includes the flavor of the old and true, seasoned with the methods of modern practice. The book, however, is well able to speak for itself.

One can, we said above, start the Rumford tradition of cook books 85 years ago; but one can carry twice as far back the unparalleled Rumford tradition of pioneering in the dietary and culinary world. Here are four historical facts:

1790 — Count Rumford made his epochal findings as to the vital importance of certain "nutriment" in the diet, particularly the diet of the very poor. He told how to make good any deficiency in that nutriment. Today we call that "nutriment" by the familiar word "vitamins."

1857 — Professor Eben Horsford, holder of the Rumford Chair of Applied Science at Harvard and co-founder of the Rumford Company, found that calcium and phosphates in baking powder would largely replace the natural minerals lost from flour in the milling process.

1859 — Rumford Chemical Works gave the country its first baking powder, which remains today the only nationally distributed calcium phosphate baking powder.

1940 — The United States Department of Agriculture in its 1939 Year Book stated:

"The minerals and inorganic materials that must be supplied by the diet include sodium, potassium, calcium, magnesium, iron, copper, manganese, sulfur, phosphorus, chlorine, iodine, and probably many others in small amounts. Of these, only four — calcium, phosphorus, iron, and iodine — are likely to be deficient in ordinary diets.

"Calcium forms a large part of the bones and teeth, and it is necessary for normal blood clotting, the steady working of the heart, and normal muscular activity. Phosphorus is also liberally used in the bones and teeth, and it plays a vital part in some of the delicate chemical activities of the body, notably those that release energy from foods. Beginning at birth, children need a generous supply of these two minerals to meet the needs of growth. Evidence indicates, however, that many people of all ages do not get enough calcium. In children, a severe calcium deficiency stunts growth; among older people it sometimes causes 'late rickets.' "

Many things are passed down from generation to generation, things which people hold dear — family names, customs, old silver, precious heirlooms. None, surely, is more precious than a tradition of unfailing leadership. That is the Rumford tradition: leadership toward BETTER cooking, better, more wholesome food.

Definitions of Terms Used in Cookery

À la Créole. Cooked with tomatoes, onions and peppers.

À la Printanière. A soup or stew served with young spring vegetables.

Aspic. A savory jelly for meats, fish, vegetables and salads. Frequently used as a garnish.

Au Gratin. Cooked with browned crumbs and usually with grated cheese.

Béchamel. A rich cream sauce made with stock, milk or cream.

Bisque. A thick cream sauce or soup generally made from shellfish.

Blanch. To dip briefly into boiling water to loosen skin, to reduce strong flavor, or to whiten.

Bouillon. A meat broth.

Bombe. Two frozen mixtures molded together, one used as the lining, the other as the center of the mold.

Bouquet of Herbs. A bunch of various flavoring herbs, used for soups or stews.

Braise. To brown meat or vegetables in a very little hot fat, then add a little liquid and complete cooking by gentle heat in a closely covered vessel.

Canapé. A finger strip of bread or toast spread with a savory compound, usually either fish or egg, daintily garnished and served as an appetizer before lunch or dinner.

Caramel. To melt sugar very slowly in heavy pan over low fire until it liquefies and colors.

Croûtons. Bread of various shapes and sizes, fried (or toasted) golden brown.

En Brochette. Small portions of meat, such as chicken livers, cooked with bacon on a skewer.

Entrée. A savory made dish served as a course itself, or between heavier courses, at dinner.

Farci. Stuffed.

Fondue. A preparation of melted cheese, with or without added eggs.

Frappé. Half frozen.

Fry. To cook in hot fat.
Deep fat or French fry: To cook in sufficient fat to completely cover.
Shallow fry: To cook in a smaller amount of fat.
Sauté or panfry: To cook in a shallow pan with very little fat.

Glacé. Frozen or iced. Also glazed; *i.e.*, with meats, brushing over with stock cooked down until almost solid; with sweets, brushing over with egg white or sugar sirup.

Hors d'oeuvre. Tiny savory morsels served as appetizers.

Jardinière. Mixed vegetables.

Lard. To insert strips of fat pork or bacon, with larding needle, in meats deficient in fat.

Macédoine. A mixture of vegetables or fruits.

Marinate. To make savory in a mixture of seasonings: oil and vinegar, or oil and lemon juice.

Meringue. Stiffly beaten egg whites usually with sugar added.

Mousse. A light frothy mixture enriched with cream and frequently thickened with gelatine, frozen without stirring. May be savory or sweet.

Pâté. Individual puff pastry shell with either sweet or savory filling.

Purée. Cooked food pressed through sieve; thick soup.

Roux. A cooked mixture of butter and flour for thickening soups, sauces and gravies.

Salmi. A rich stew of game, half roasted, then cut up and cooked in a sauce.

Soufflé. Puffed up and made light by use of well-beaten eggs. May be savory or sweet.

Vol-au-vent. Large sized pâté shell usually filled with creamed chicken, sweetbreads or oysters.

Weights and Measures

All Measurements Are Level

"Dash"		Less than ⅛ teaspoon
60 drops		1 teaspoon
3 teaspoons		1 tablespoon
4 tablespoons		¼ cup
5⅓ tablespoons		⅓ cup
8 tablespoons		½ cup
1 gill		½ cup
1 cup		½ pint
4 cups		1 quart
2 tablespoons butter		1 ounce
1 cup butter		½ pound
FLOUR — All-purpose, sifted	1 pound	4 cups
Cake or pastry flour, sifted	1 pound	4½ cups
Graham or whole wheat flour	1 pound	3½ cups
SUGAR — Granulated	1 pound	2–2¼ cups
Brown	1 pound	2 cups solidly packed
Powdered	1 pound	2½ cups
Confectioners'	1 pound	3½ cups
EGGS —	1 medium	2 ounces
	8–10 medium	1 pound
	8–10 whites	1 cup
	12–14 yolks	1 cup

Use only standard measuring spoons and cups. These last are clearly marked to indicate quarters, halves and thirds. Remember that some measuring cups hold exactly one-half pint when filled to the brim, others have the half-pint marking a little below the top. A lipped measuring cup is especially good for liquids.

Quart and pint measures (now available in heat-proof glass) and an accurate scale are also indispensable aids to good cooking.

SOUPS

SOUP STOCK

To each quart cold water allow one pound meat and bone in about equal proportions; one pint cleaned vegetables (carrot, onion, celery, etc. cut in pieces); such soup herbs as parsley, one or two bay leaves, thyme, savory and marjoram, together with a little celery seed or celery salt if fresh celery is not in season.

Wipe meat and cut into small pieces that it may more readily yield its juices; chop bones and put them with meat into a large heavy pan. Add cold water * and bring very slowly to boiling point, skim if necessary and cook slowly (covered) for four hours. Now add vegetables and soup herbs and continue cooking an hour longer. Strain, cool quickly and remove every particle of fat which, when stock is cold, will have hardened and collected in a solid cake on top. The bones, meat and vegetables are sometimes cooked a second time with more water to make what is known as "second stock," not so strong as the first, but better than water for thick soups, sauces and gravies.

If a highly flavored and colored stock is wanted, vegetables and meat are sometimes browned in a little fat before water is added, but this is not advisable where a clear stock is desired. Beef is the meat most commonly used for brown stock, veal or chicken with a little ham for white stock. Cooked meats and trimmings from steaks and roasts may be added to other ingredients in stock-pot.

Stock should never be left to cool in stock-pot but always removed to a clean, cold vessel. When cold keep in refrigerator until needed.

* Cold water draws juices out of meat into liquid. Boiling water hardens outside of meat and prevents juices being given off.

In families where fair-sized joints are frequent, it should rarely be necessary to buy meat for soups, bones and trimmings with a judicious use of vegetables and flavorings furnishing enough for ordinary use. The same rules, given above, apply to making stock under these conditions if a little less water in proportion to meat is used.

OXTAIL SOUP

3 tablespoons fat
1 carrot, diced
1 large onion, diced
2 oxtails
1 tablespoon flour
2 quarts second stock or cold water
2 stalks celery
2 sprigs parsley
1 bay leaf
2 tablespoons barley
Salt, pepper and cayenne
1 teaspoon Worcestershire sauce
¼ cup sherry, optional

Melt fat and fry in it carrot, onion and oxtails which have been cut in pieces and rolled in flour. When brown add stock or water, also celery, parsley and bay leaf tied together. Bring to boiling point, shake in barley and simmer about three hours, seasoning when about half done and skimming occasionally. Remove large bones, celery, parsley and bay leaf but return meat from bones to soup. Add Worcestershire sauce and sherry, if used, and serve very hot. Serves 6.

LAMB BROTH

2 pounds neck of lamb
2 quarts cold water
1 small turnip
1 carrot
1 onion
2 stalks celery
2 tablespoons barley
Salt and pepper to taste
1 teaspoon chopped parsley

Wipe meat, cut into small pieces, place in saucepan with water, bring slowly to boiling point and simmer one hour, skimming occasionally. Add diced vegetables, barley and seasonings and continue cooking until vegetables are tender, about one and a half hours longer. Sprinkle with parsley just before serving.

For *Chicken Broth* follow above recipe substituting one old fowl (cut up) for lamb and rice for barley. Serves 6.

TURKEY SOUP (Left-Over)

1 turkey carcass
Water to cover
1 stalk celery, diced
1 small onion, chopped
1 bouillon cube
3 tablespoons cooked rice
Salt and pepper to taste

Break up carcass, remove all stuffing, add water to just cover and simmer two hours with celery and onion. Strain, add bouillon cube and rice, bring to boiling point, season and serve with croutons of fried bread. Serves 4–6.

TOMATO BISQUE

1 #2 can tomatoes
1 onion, sliced
1 bay leaf
2 cloves
1 sprig parsley
1 stalk celery, diced
2 tablespoons butter
2 tablespoons flour
Salt and pepper
2 cups milk, scalded

Simmer for twenty minutes tomatoes, onion, bay leaf, cloves, parsley and celery, then press through sieve as much as possible of pulp. Blend butter and flour smoothly in saucepan, add tomato mixture gradually and bring to boiling point, stirring constantly. Season and just before serving combine with scalded milk, beating vigorously for a moment with rotary beater. Serves 4–6.

BASIC CREAM VEGETABLE SOUP

3 tablespoons butter
3 tablespoons flour
3 cups milk
Seasonings and flavorings
3 cups vegetable purée

Blend butter and flour in saucepan until perfectly smooth. Gradually add milk and bring to boiling point, stirring constantly. Season and combine with vegetable purée, adding any flavoring desired according to vegetable used. For additional richness a beaten egg yolk or a cup of light cream may be added to the soup just before serving. Any cream soup

may be sprinkled with minced parsley or paprika. Serves 4–6.

To prepare vegetable purée use 2 cups diced raw, cooked fresh, or canned vegetables, always including a little minced onion. Simmer until quite tender with 2 cups stock, or water to which a bouillon cube may be added. With cooked or canned vegetables this will take but a few minutes, with raw vegetables a little longer. Press through sieve — there should be 3 cups of purée.

Flavorings

With peas or carrots add a sprig of mint.
With asparagus and spinach a very slight grating of nutmeg.
With corn or potato, celery salt.
With onion sprinkle soup with grated cheese just before serving.

OYSTER BISQUE

1 pint oysters
Water
2 tablespoons butter
2 tablespoons flour
1 quart milk, scalded
Pepper
Salt, if needed
⅓ cup whipped cream

Chop oysters, drain off liquor, measure and add an equal amount of water. Heat slowly, skim, then put in chopped oysters and cook three minutes. Blend butter and flour smoothly, add milk gradually, bring again to boiling point and simmer five minutes. Combine two mixtures, adding pepper and salt if needed. Put a dot of whipped cream on top of each portion. Serves 4–6.

OYSTER STEW

Allow 8 to 10 shucked oysters to each portion with their liquor just as they come, ½ pint milk, 1½ teaspoons butter, ½ teaspoon celery salt and a generous shake of plain salt, black pepper and paprika, with a dash of Worcestershire sauce, if desired.

In making individual portions melt 1 teaspoon of butter in deep pan over hot fire, add oysters with their liquor, also

seasonings and allow all to come to boil. Watch closely and as soon as oysters plump up and edges begin to curl add milk and cook all together just to boiling point, without actually boiling. Turn into serving bowls, drop remaining butter on top and dust with paprika.

NEW ENGLAND CLAM CHOWDER

2 slices salt pork, diced
1 large onion, minced
2½ cups water
3 large potatoes, diced
1 quart milk
1 quart clams picked over and chopped fine
3 tablespoons butter
Seasoning to taste
Crackers

Fry salt pork in large saucepan, add onion and sauté until it begins to brown. Add water and potatoes and cook until potatoes are tender, about 15 minutes. Add milk and again bring to boiling point. Scald clams with their liquor, combine with first mixture, add butter and seasoning and serve immediately, pouring over the crackers or serving these separately. Serves 6.

NEW YORK CLAM CHOWDER

3 slices salt pork, diced
2 diced onions
4 cups diced potatoes
2 stalks diced celery
1 teaspoon salt
⅓ teaspoon pepper
1 quart water
24 large clams
1 cup boiling water
1 quart canned tomatoes
Crackers

Cook pork until fat flows freely, then remove pork and cook onion in fat until it turns color. Add potatoes, celery, seasonings and water. Meanwhile, scrub clams and steam with boiling water until shells open. Take out clams, set aside soft stomachs and chop hard part finely. Cook this last with clam liquor for 15 minutes, then strain through fine cheesecloth. Add liquor and soft portions of clams to first mixture with tomatoes and continue cooking until potatoes are quite tender. Just before serving add three pilot crackers, broken small, and cook five minutes longer. Serves 6.

CLAM AND TOMATO BROTH

8 large clams
1½ cups water
1 bay leaf
1 sprig tarragon
2 cups tomato juice or strained canned tomato
1 tablespoon sugar
Pepper
Whipped cream

Scrub clams and steam with water until they open. Discard shells, chop clams and cook with liquor, bay leaf and tarragon 15 minutes. Strain, combine with tomato juice, add sugar and pepper, bring to boiling point and serve in cups, topping with a spoonful of whipped cream. Serves 4.

FRENCH ONION SOUP

4 large onions
½ cup butter
1 quart stock or stock and milk
Salt and pepper
4 rounds toast
Grated Parmesan cheese

Peel and slice onions very thinly, cook slowly in butter until clear but not browned; add stock, bring to boiling point and season, then simmer 15 minutes. Sprinkle rounds of toast with cheese, run under broiler for a moment to melt cheese and serve one round on each portion of soup. Serves 4.

BLACK BEAN SOUP

¾ cup black beans
1 small chopped onion
3 stalks diced celery
1 quart water
Salt and pepper
¼ teaspoon mixed mustard
2 tablespoons butter
1 tablespoon flour
1 hard-cooked egg
Lemon

Soak beans overnight in water to cover, drain and place with onion, celery and water in saucepan. Cover, simmer until beans are soft, adding more water as that in pan boils away. Press through sieve, reheat, add seasonings and thicken with butter and flour rubbed smoothly together. Slice egg and lemon thinly and add just before serving. Serves 4.

VICHYSSOISE

6 leeks
⅓ cup butter
2 cups thinly sliced potatoes
4 cups chicken stock
1 cup heavy cream
Salt and pepper
Minced parsley or chives

Remove stem ends and green tops of leeks, leaving about two inches above white portion, and slice. Melt butter in saucepan, add leeks and sauté five minutes. Add potatoes and stock and cook over medium heat until potatoes are tender. Force leeks, potatoes and liquid through sieve, and combine with cream. Season to taste and reheat if to be served hot, garnishing with minced parsley or chives. If to be served cold, chill. Serves 4.

CONSOMMÉ

1 quart seasoned fat-free meat stock
White and shell 1 egg
½ cup cold water

Beat egg white slightly, crush shell and add to cold stock. Place over moderate heat and bring to boiling point, beating constantly with a whisk. Let boil five minutes without stirring, add water and let stand five minutes off fire, then strain through doubled cheesecloth or scalded flannel strainer. Add additional seasoning if necessary with a few drops kitchen bouquet if color is desired. Serves 4.

Consommé Julienne. Add to each quart consommé ⅔ cup mixed carrots, turnip and celery cut into inch long matchlike strips and cooked in clear, slightly salted water.

Consommé Brunoise. Add vegetables as above, cutting them into quarter inch dice or into small fancy shapes with vegetable cutter. Add also a few cooked small green peas.

Consommé Royale. Consommé garnished with tiny diced or fancy forms of Royal Custard. For this beat 2 egg yolks with a dash each of salt, onion juice and white pepper. Add ⅓ cup seasoned, fat-free stock. Strain into shallow buttered

pan, having custard about a quarter inch deep in pan. Place in pan of hot water, cover and bake in 350° F. oven until set. Let stand a few minutes, then cut into desired shapes.

Consommé with Macaroni. To each quart consommé add ½ cup cooked macaroni cut into quarter inch rings, or use macaroni letters or stars.

SOUP CROUTONS

Cut day old decrusted bread into one-third inch cubes and fry golden brown in hot fat. Or cut buttered bread into cubes and crisp in hot oven. Or again, cut plain toast into cubes. Drop any of these into soup just before serving or pass separately.

FISH

TO BAKE FISH

Wash fish and pat dry. Sometimes there is a thin black filmy skin on inside of haddock, small cod and other fish where entrails were removed which can easily be rubbed off with cloth or small brush dipped into salt.

To stuff a whole fish, pack cavity lightly with stuffing, then either sew up with needle and thread or fasten with tiny skewers and thread. Place in well-greased baking pan, dredge with flour and put a little drippings, bacon fat or two or three slices fat bacon or salt pork over fish which may be covered with greased paper during first half of baking to prevent its becoming too brown. Baste frequently with fat in pan adding more if needed to prevent drying out. When fish such as haddock or whitefish are baked whole the head is left on.

Fillets may be spread with stuffing and rolled up for baking; two thin steaks of fish may have stuffing placed between them sandwich fashion.

The time of baking depends on the thickness of fish. With a stuffed haddock three-quarters to one and a quarter hours will be needed; with thin stuffed cod or halibut steaks about 35 minutes, both in moderately hot oven (375° F.). With stuffed fillets 15–25 minutes; unstuffed fillets 15 minutes in hot oven (400° F.).

STUFFING FOR BAKED FISH

1 cup soft bread crumbs
⅓ cup bacon fat or diced bacon or salt pork
1 tablespoon minced parsley
½ teaspoon mixed dry herbs
1 tablespoon minced onion
1 egg
Milk to moisten
Salt and pepper

Combine all ingredients, making mixture just firm enough to keep its shape, then use to stuff fish. If preferred, form into small balls and bake in pan with fish, serving as a garnish.

If a more savory stuffing is desired, add to above ingredients 2 teaspoons chopped cucumber pickle, ½ teaspoon grated lemon rind and 1 teaspoon lemon juice.

TO BOIL FISH

Select a small thick fish or a firm slice of a large one. Wash thoroughly and wrap and tie in vegetable parchment paper or cheesecloth. Use a regulation fish kettle with strainer or substitute saucepan with wire frying basket, or place a plate in the pan and lay wrapped fish on it — any of these methods make it easier to remove fish from pan when cooked. A tablespoon of vinegar in the water will keep fish a good color and make flesh firmer.

Water should be quite hot, but not boiling, when fish is put in. If plunged into actively boiling water skin is likely to crack. To further prevent this, water should never actually boil, only simmer during cooking process. Allow six to ten minutes per pound, depending on thickness of fish.

Fish usually boiled are cod, haddock, halibut and salmon.

TO STEAM FISH

Steamed fish is richer in flavor than boiled fish because it is not immersed in water but cooked over it. The same directions apply as to boiling but a little longer cooking time must be allowed.

TO SAUTÉ or PANFRY FISH

Clean, wash and wipe fish thoroughly dry, roll in flour or dip in beaten egg then in bread crumbs or corn-meal, patting crumbs on well. Sauté in shallow frying pan in a little preheated fat, seasoning when half done and turning with broad spatula to brown both sides. Use any preferred fat, solid or liquid.

Such small fish as panfish, porgies, flounders, butterfish or steaks of larger fish, halibut or cod, are suitable for this method of cooking.

TO DEEP FAT or FRENCH FRY FISH

Clean fish, wipe perfectly dry, dip in beaten egg, then in bread crumbs, patting on well to prevent loose ones from falling off and burning in fat. Fry golden brown in deep hot fat (375–390° F.), using enough to completely cover the fish. Drain on soft crumpled paper before serving.

For full directions as to the preparation and heating of the fat, see instructions for Deep Fat or French Frying, page 28.

TO BROIL FISH

Large fish are usually split down back, head and tail removed, small fish being broiled whole. After cleaning, place on well-greased broiler rack for oven broiling or between wires of well-greased portable broiler for open fire cooking. Sear flesh side first then skin side, turning often during broiling process. Place fish quite near heat at first, then, with oven broiling, lower heat to complete cooking. If cooking over an open fire complete broiling at a little distance from fire. Season when about half done.

The more oily fish (salmon, herring, bluefish and mackerel) are best for broiling. When such drier varieties as cod or halibut steaks or fillets are broiled, spread with butter and sprinkle with lemon juice before serving.

Very thick slices of fish may be partly cooked by broiling, cooking then being completed by baking in a very hot oven to insure fish being thoroughly done yet not burned nor overbrowned on surface.

PERFECT FISH BALLS

3 medium-sized potatoes
1 cup flaked codfish
1 egg
1 tablespoon butter
Pepper to season

Peel and cut up potatoes and cook in water to cover with fish until potatoes are tender. Drain, mash very thoroughly, add butter, pepper and egg and beat until light and fluffy. Drop by tablespoonfuls into deep hot fat (375–390° F.) and

fry golden brown. (First dipping spoon into fat prevents mixture sticking to it.) Drain on soft crumpled paper and serve with or without bacon. Serves 4.

FISH PIE

1½ pounds cod or haddock, boiled
2 cups Egg Sauce
2 teaspoons Worcestershire or Anchovy sauce
1½ cups soft bread crumbs
3 tablespoons butter, melted

Flake fish, removing any skin and bone, and arrange in casserole. Add Worcestershire or Anchovy sauce to Egg Sauce (see page 42) and pour over fish. Top with crumbs into which butter has been stirred and bake in hot oven (425° F.) 15–20 minutes.

If desired use part of water in which fish was cooked when making the egg sauce. Serves 4–6.

FISH TIMBALES

2 cups uncooked cod, haddock or halibut
1 cup soft bread crumbs
½ cup milk
1 tablespoon butter, melted
2 eggs, separated
½ teaspoon salt
⅛ teaspoon pepper
1 teaspoon lemon juice
1 teaspoon Worcestershire sauce

Mince fish very fine or pass through food chopper. Add crumbs, milk, butter, seasonings and egg yolks beaten until thick. Fold in stiffly beaten egg whites. Turn into individual straight-sided molds, well buttered, place in pan of hot water, cover with buttered paper and bake until firm, 25 to 30 minutes in moderate oven (350° F.). Let stand five minutes, unmold and mask with any preferred sauce — shrimp, oyster, parsley or lobster.

If preferred the timbales may be steamed over open fire in closely covered pan. Serves 4.

STUFFED FILLETS OF FISH

2 tablespoons butter
2 tablespoons flour
¾ cup milk or fish stock
Salt and pepper
Lemon juice
½ cup chopped cooked shrimps or mushrooms
8 fillets of fish

Cream butter and flour in saucepan, add milk slowly, stir until boiling, season and add shrimps or mushrooms. Trim fish fillets neatly, spread with mixture, fold and fasten with small skewers. Place in shallow buttered pan, add ½ cup water, cover pan with buttered paper and bake about 25 minutes in moderate oven (350° F.). Serve with shrimp, mushroom or horseradish sauce. Serves 4.

PLANKED WHITEFISH

1 three-lb. whitefish
2 slices bacon, diced
Salt and paprika
Mashed potatoes
Stuffed tomatoes or peppers
Green peas, optional

Lay fish, previously cleaned, split and boned, skin side down (tacking into place) on hot oiled plank. Sprinkle with diced bacon, salt and paprika. Place near broiler flame and cook until golden brown, then remove a little further from flame and complete cooking — about 15 minutes. Remove from broiler, arrange mashed potatoes as a border around fish and replace in oven to allow potatoes to delicately brown. Have ready 4 stuffed tomatoes or peppers and use these as additional garnish with parsley or watercress and radish roses or stuffed olives.

If desired, the potato may be formed into nests instead of a border, these, after browning, to be filled with hot seasoned peas. Serves 4.

SALMON LOAF

1 one-lb. can salmon
¾ cup soft bread crumbs
½ teaspoon salt
⅛ teaspoon pepper
1 tablespoon butter, melted
1 egg
2 tablespoons milk

Pick over salmon, removing all skin and bone but retaining all liquor. Add crumbs, seasonings and melted butter and moisten with egg slightly beaten with milk. Pack into buttered

loaf pan and bake about 40 minutes in hot oven (400° F.). Unmold and serve with oyster, parsley or egg sauce.

If desired ½ cup grated cheese may be added to above mixture. Serves 4.

BAKED GLAZED FILLETS AUX FINES HERBES

Place four fillets of haddock or flounder in well-buttered fireproof baking dish which can be sent to table. Surround with sliced parboiled carrots and peas or Frenched green beans. Brush fish over with butter, sprinkle with lemon juice and 2 teaspoons mixed herbs (parsley, chervil, chives and tarragon). Pour in 1 cup fish stock, made from trimmings of fish, cover and bake in moderate oven (350–375° F.), one-half to three-quarters of an hour, uncovering for last ten minutes of baking. Serves 4.

SCALLOPED OYSTERS

2 cups soft bread crumbs
1 pint oysters
Salt and pepper
6 tablespoons butter, melted
½ cup oyster liquor or oyster liquor and milk

Sprinkle one-third of crumbs in bottom of shallow buttered baking dish, cover with half the oysters, sprinkle these with salt and pepper, 2 tablespoons of butter and half oyster liquor. Repeat layers and top with last of crumbs into which remaining butter had been stirred. Bake half an hour in moderately hot oven (375° F.). If desired a tiny bit of mace or nutmeg may be added to oyster liquor.

There should never be more than two layers to a dish of Scalloped Oysters. Serves 4.

FRIED OYSTERS

2 dozen oysters
Seasoned fine bread crumbs
2 eggs

Pat each oyster dry and dip into seasoned crumbs, then into beaten egg and again into crumbs. Shake gently to re-

move any loose crumbs and fry golden brown in deep hot fat (375–390° F.).

Always use bread crumbs for frying in preference to cracker crumbs; the latter absorb grease, the bread crumbs throw it off. Work is made very much easier if crumbs are spread on a paper. Serves 4.

TO BOIL LOBSTER

Have ready large kettle of boiling salted water into which plunge lobster head first. Boil 20–30 minutes, according to size. Too long or too rapid boiling will make meat tough and stringy. Remove from boiling water as soon as done.

In buying lobster choose one heavy for its size; very large ones are likely to be tough. Male lobsters are considered best for boiling, females being preferred for salads and sauces on account of coral.

To prepare coral for use, remove from lobster and place on tin in moderately hot oven until quite dry but not discolored; then pound in mortar and sift. This will keep and is valuable as garnish for salad and for use in sauce.

TO BROIL LOBSTER

Take a live lobster and split down back, beginning at head. Remove stomach and intestines. Open fully and place on broiler. Brush with seasoned melted butter and cook first on flesh side about 20 minutes, then on shell side about 10 minutes longer. Crack large claws and serve very hot with melted butter, lemon and Chili sauce.

LOBSTER CROQUETTES

Meat of one good-sized lobster (boiled)
2 tablespoons butter
2 tablespoons flour
½ cup milk
Salt and pepper
1 teaspoon lemon juice
Grating of nutmeg
Egg and bread crumbs

Mince lobster meat very fine, adding coral if any. Cream butter and flour in saucepan, add milk and cook to a thick

sauce. Season with salt, pepper, lemon and nutmeg and while still hot add lobster meat and blend thoroughly. Spread on plate to cool, having mixture about three-quarters inch thick. When cold shape into cutlet form, using blade of spatula and fingers, or roll with hands into shape of very thick corks, on form with hands or tin mold into cones. Dip in egg and crumbs (see page 30) and fry golden brown in deep hot fat (375–390° F.). Drain on soft crumpled paper. Makes approx. 10 croquettes.

SHRIMP PATTIES

1 cup cream sauce
Salt and pepper
Lemon juice
Slight grating nutmeg
1 cup shrimps, fresh cooked or canned
1 egg yolk
Puff paste patty shells

Add seasonings and shrimps (which may be divided if very large) to cream sauce (see page 42). Heat thoroughly and just before serving add beaten egg yolk. Use to fill small puff paste patty shells (see page 98). Be sure to remove small black intestinal veins which run down center back of shrimps. Serves 4–6.

MEATS

MEATS

The most expensive cuts of meat are not necessarily the best, for equal nutriment can often be obtained from cheaper cuts provided proper care and time are allowed for cooking. We must, then, consider the relative cost as compared with the nutriment afforded when buying the different cuts. Much unnecessary expense is often incurred if meals are not planned sufficiently in advance to allow the use of these cheaper cuts which require long slow cooking.

QUALITY IN MEAT

There are certain definite characteristics which the homemaker can train herself to recognize so that she will know that the meat she purchases possesses the quality she demands. Remember that the stamp of quality, that round purple stamp with which we are all familiar, is a guaranty that the meat is from federal inspected animals and is wholesome.

Beef

Beef of good quality has a smooth covering of creamy white firm fat over most of the exterior surface. The lean is red, well marbled with fat. The texture of the lean is fine grained and firm in appearance. The bones in young beef are porous and red.

Lamb

Lamb has a larger proportion of fat than beef and the fat is harder. The lean is fine grained, the fat clear, white and brittle. As in beef the bones are porous and reddish in color.

Veal

The lean of veal is very fine in grain, firm, of a pinkish almost white color. There is little fat but what there is should be clear, firm and white. Again the bones are porous and reddish in color.

Pork

Like veal, pork is close grained, of a grayish pink color, deepening a little as the animal matures. There is usually a rather large percentage of fat which should be firm and white.

CARE OF MEAT

All meat should be removed from the wrapping papers as soon as received, wiped with a damp cloth and placed near, but not directly on, ice.

METHODS OF COOKING MEAT

The methods most commonly employed for the cooking of meat are roasting and broiling (dry heat), stewing, braising and boiling (moist heat). Generally speaking dry heat is used for the tender cuts, while moist heat is used for those which are less tender.

To Roast Meat

Wipe meat with a clean damp cloth. Season, if desired, with salt and pepper. If a meat thermometer is used insert so that center of bulb reaches the center of the largest muscle. The thermometer should not rest in fat nor on bone. Place meat fat side up on rack in open roasting pan. Add no water and do not cover. The latest findings in meat cookery recommend lower temperatures and longer cooking periods. Place beef, veal, lamb and smoked pork in a slow oven (300° F.) and fresh pork in a moderate oven (350° F.). Roast to the desired degree of doneness (see time table, pages 19, 20, 21, 22).

To Broil Meat

Place meat on broiler rack and insert pan and rack so that with thin (1″) steaks or chops the top surface is about two inches from surface of heat. With thick (2″) steaks or chops, place three inches from heat. Broil until top surface is brown, season, turn and brown under side. (See time table, pages 19–22.)

Timetables for Cooking Meat

I. BEEF

Cut	Broiled		Roasted in 300° F. Oven		Braised	Cooked in Water
	Rare	*Medium*	*Ther. Reading*	*Min. per lb.*		
Standing Ribs						
Rare			140° F.	18–20		
Medium			160° F.	22–25		
Well-done			170° F.	27–30		
Rolled Ribs			Same as Above	Add 10–15		
Chuck Ribs			150°–170° F.	25–30		
Rump			150°–170° F.	25–30		
Tenderloin			140°–170° F.	20–25		
Steaks						
1 in.	15–20 min.	20–30 min.				
1½ in.	25–35 min.	35–50 min.				
2 in.	30–40 min.	50–70 min.				
Swiss Steak					2–3 hr.	
Stew						2–3 hr.
Corned Beef						4 hr.
Fresh Beef						3–4 hr.
Pot-Roasts						
Chuck					3–4 hr.	
Rump					3–4 hr.	

II. LAMB

Cut	Broiled	Roasted at 300° F.		Braised	Cooked in Water
		Ther. Reading	*Min. per lb.*		
Leg		175°–180° F.	30–35		
Shoulder					
Whole		175°–180° F.	30–35		
Rolled		175°–180° F.	30–35		
Cushion		175°–180° F.	30–35		
Chops					
1 in.	12 min.				
1½ in.	18 min.				
2 in.	22 min.				
Lamb Patties	15–18 min.				
Breast					
Stuffed				1½–2 hr.	
Rolled				1½–2 hr.	
Neck Slices				1 hr.	
Shanks				1½ hr.	
Stew					1½–2 hr.

III. VEAL

Cut	Broiled	Roasted at 300° F.		Braised	Cooked in Water
		Ther. Reading	*Min. per lb.*		
Leg	Veal is seldom broiled	170° F.	25	. . . . .	. . . . .
Loin	. . . . .	170° F.	30–35	. . . . .	. . . . .
Rack	. . . . .	170° F.	30–35	. . . . .	. . . . .
Shoulder					
Whole	. . . . .	170° F.	25	. . . . .	. . . . .
Rolled	. . . . .	170° F.	40–45	. . . . .	. . . . .
Breast					
Stuffed	. . . . .	. . . . .	40–45	1½–2 hr.	. . . . .
Rolled	. . . . .	. . . . .	40–45	1½–2 hr.	. . . . .
Chops	. . . . .	. . . . .	. . . . .	45–60 min.	. . . . .
Steak	. . . . .	. . . . .	. . . . .	45–60 min.	. . . . .
Stew	. . . . .	. . . . .	. . . . .	. . . . .	2–2½ hr.
Birds	. . . . .	. . . . .	. . . . .	45–60 min.	. . . . .

IV. PORK

Cut	Broiled	Roasted at 300° F.–350° F.		Braised	Cooked in Water
		Ther. Reading	*Min. per lb.*		*Min. per lb.*
FRESH	Fresh Pork is never broiled	. . . . .	. . . . .	. . . . .	. . . . .
Loin					
Center	. . . . .	185° F.	35–40	. . . . .	. . . . .
Whole	. . . . .	185° F.	15–20	. . . . .	. . . . .
Ends	. . . . .	185° F.	45–50	. . . . .	. . . . .
Shoulder					
Rolled	. . . . .	185° F.	40–45	. . . . .	. . . . .
Cushion	. . . . .	185° F.	35–40	. . . . .	. . . . .
Pork Butt	. . . . .	185° F.	45–50	. . . . .	. . . . .
Leg or Ham	. . . . .	185° F.	30–35	. . . . .	. . . . .
Chops	. . . . .	. . . . .	. . . . .	45–60 min.	. . . . .
Steaks	. . . . .	. . . . .	. . . . .	45–60 min.	. . . . .
Spareribs	. . . . .	. . . . .	30–35	1½ hr.	30
SMOKED					
Ham*					
Large	. . . . .	160°–170° F.	15–20	. . . . .	15–20
Small	. . . . .	160°–170° F.	20–25	. . . . .	20–25
Half	. . . . .	160°–170° F.	25–30	. . . . .	25–30
Picnic	. . . . .	170° F.	35	. . . . .	35–45
Bacon	4–5 min.	. . . . .	. . . . .	. . . . .	. . . . .
Ham Slices . . .	½ in. 15–20 min.	. . . . .	. . . . .	. . . . .	. . . . .
	1 in. 20–30 min.	. . . . .	. . . . .	. . . . .	. . . . .

* Tenderized Hams require the shorter cooking time.

Irish Stew
(see page 24)

Rib Roast of Beef
(see pages 18 and 19)

Braised Lamb Neck Slices
(see pages 20 and 23)

Fish or Chicken Roll with
Rumford Biscuit Crust
(see page 101)

To Panbroil Meat

Use heavy frying pan or griddle. Brown meat on both sides, seasoning when turning to brown second side, after which reduce temperature and cook slowly until done, turning occasionally so that the meat may cook evenly. Pour off fat in pan as it accumulates. This method is panbroiling *not* frying.

To Braise Meat

Season meat, dredge with flour if desired, brown on all sides in a little fat, pour off fat, add a little liquid (water, stock or milk), cover closely and cook at moderate temperature in oven or on top of range. If liquid cooks away a very little more may be added.

To Stew Meat

Cut small, season and, for brown stew, brown on all sides in a little fat; for light stew do not brown. Cover with hot liquid (stock or water) and simmer, closely covered, until tender. If vegetables are used add just long enough before serving time that they will be done but not overcooked. Thicken gravy just before serving.

To Boil Meat

Completely cover meat with water, season if desired, and add vegetables or herbs for flavoring. Cover and simmer, never actively boil, until tender. If vegetables are used add just long enough before serving time that they will be done but not overcooked.

BROWN STEW OF LAMB

2 pounds shoulder, neck or breast of lamb
2 tablespoons drippings
1½ tablespoons flour
3 cups stock or water
Salt and pepper
4 onions
4 carrots
1 cup diced celery

Cut meat into convenient pieces for serving and brown in the drippings, after which brown the flour in same drippings, then add stock or water, stir until boiling, put in meat and

seasonings and simmer about one hour. Now add vegetables, onions peeled, carrots scraped and halved or quartered, and continue cooking until these are tender, about three-quarters of an hour. Serves 4.

Left-over stew makes excellent *Meat Pie* by being turned into a casserole and topped with half recipe Rumford Baking Powder Biscuits (see page 101). Bake in hot oven (450° F.) about 15 minutes.

IRISH STEW

2 pounds neck or shoulder of lamb
4 cups water
8 small onions
4 small carrots
8 medium-sized potatoes
Salt and pepper

Cut meat into pieces convenient for serving, discarding any excess fat. Place in saucepan with water, almost at boiling point, and simmer about one hour. Add vegetables, onions peeled, carrots scraped and quartered and potatoes peeled and cut into chunks. Season and cook an hour longer without stirring, as the potatoes should retain their shape. Serves 4.

If desired, plain dumplings or egg dumplings (see page 99) may be served with either stew, in which case provide a little additional gravy.

TASTY MEAT LOAF

1½ pounds lean beef, chopped
1 small onion, chopped
1½ cups canned tomatoes
⅓ cup quick-cooking tapioca
1 teaspoon salt
¼ teaspoon pepper
1 teaspoon Worcestershire sauce
1 tablespoon chopped parsley
2 slices salt pork, diced

Combine all ingredients with the salt pork which has been tried out until golden brown, adding the pork fat also. Mix very thoroughly, turn into greased loaf pan and bake three-quarters to one hour having the oven hot (450° F.) for the first 15 minutes, then reducing to 350° F. for remainder of baking time. Serves 6.

POT ROAST OF BEEF

4 pounds beef, top or bottom round or chuck
3 tablespoons drippings
2 tablespoons flour
1 quart boiling water
Salt and pepper
Onions, carrots and turnips

Have the meat cut in a thick, compact piece. If necessary, tie and skewer so that it will keep its shape. Melt drippings in a heavy saucepan, brown meat in it on all sides, pour water over and simmer, closely covered, as gently as possible for two hours. Season, add vegetables, scraped or peeled as necessary and cut into pieces and cook until vegetables are tender. Remove both meat and vegetables from pan and thicken gravy with the flour mixed smoothly with a little cold water. If necessary, add more water while the pot roast is cooking that there may be enough gravy to cover the vegetables. Serves about 8.

BEEF OLIVES

1½ pounds very thin round steak
¼ cup rice
1 tablespoon chopped parsley
½ teaspoon poultry seasoning
1 small onion, chopped
1 teaspoon salt
¼ teaspoon pepper
4 tablespoons beef drippings
2 tablespoons flour
3 cups water or stock
½ cup pitted olives

Cut meat into pieces about four inches square. Chop any trimmings and combine with rice, parsley, poultry seasoning, onion, salt and pepper. Divide mixture among the squares of meat, roll up and tie firmly. Heat drippings and cook the rolls in it until brown, then remove from pan, add flour and mix smoothly. Pour in water or stock and bring to boiling point, stirring constantly. Return meat to gravy and simmer (covered) one and a half hours. Five minutes before serving add the olives; remove strings from meat when dishing. Serves 6.

BEEFSTEAK PIE

1½ pounds round steak
1 tablespoon flour
1 teaspoon salt
⅓ teaspoon pepper
Standard Pie Crust or Flaky Pastry
Cold water

(over)

Cut meat into thin slices, and a little fat into very small pieces. Dip meat in seasoned flour. Place a piece of fat in each piece of lean and roll up. Lay these rolls of meat in casserole, fill dish about two-thirds with cold water, cover and bake in moderate oven (350° F.) about one and a half hours. Top with standard pie crust (see page 90) or with flaky pastry (see page 91) and return to a hot oven (425° F.) for 20–25 minutes longer. Serves 6.

If desired a small piece of beef or lamb kidney may be placed with the fat in each roll of meat.

STUFFED SHOULDER OF LAMB

1 cup bread crumbs
1 tablespoon chopped parsley
Grated rind ½ lemon
1 tablespoon drippings
Salt and pepper
1 egg
1 (3-3½ pound) boned shoulder of lamb

Combine bread crumbs, parsley, lemon rind, drippings and seasonings and moisten with beaten egg. Use to stuff the cavity from which the bone was removed. Sew up the opening and roast, basting frequently with a little fat (see roasting time table, page 20). Serve with thick brown gravy (see page 27). Serves 4–6.

VEAL CUTLET

1½ pounds veal cutlet cut thick
1 teaspoon salt
¼ teaspoon pepper
1 egg
Dry bread crumbs

Cut meat into pieces for serving, place between sheets of waxed paper and pound thin. Season, dip into beaten egg, then into crumbs and cook golden brown on both sides in a little hot fat. Veal should always be very thoroughly cooked. Serve with brown gravy or tomato sauce (see page 45). Serves 4–6.

HAM BAKED IN MILK

1 very thick slice ham
1 teaspoon dry mustard
Pepper
2 cups milk
1 tablespoon butter or drippings

Rub mustard and pepper into surface of ham. Place in baking pan, add milk, dot with butter or drippings, cover and bake about 45 minutes in moderate oven (350° F.). Any liquid remaining in the pan after baking may be slightly thickened and served as sauce or gravy. Serves 4.

LIVER AND BACON

1 pound liver
1½ tablespoons flour
½ teaspoon salt
¼ teaspoon pepper
⅓ pound bacon

Have liver cut moderately thick, pour boiling water over it, allow it to remain for five minutes; then drain, pat dry and dip in blended flour and seasonings. Cook bacon first and keep it hot while preparing liver which is to be gently cooked for about five minutes in the bacon fat. Serve with brown gravy. Serves 4.

Although calf's liver is considered the choicest variety both lamb's and beef liver are excellent. Because of its close texture all liver must be cooked very gently and carefully to avoid hardening.

BROWN GRAVY

2 tablespoons bacon fat or drippings
1½ tablespoons flour
1½ cups water or stock
Salt and pepper

Brown flour in fat, add liquid, stir until boiling, season, simmer five minutes and either pour around meat or serve separately.

In making gravy for roast meats pour from roasting pan all but 2 tablespoons of fat then proceed as directed.

Thin or dish gravy goes with roast beef; thicker gravy with lamb, veal and pork.

DEEP FAT OR FRENCH FRYING

DEEP FAT OR FRENCH FRYING

Deep fat frying is one of the most useful, but at the same time one of the least understood methods of cooking, so much so indeed that fried foods are commonly looked upon with disfavor as being greasy and difficult to digest, which is certainly not the case when the frying is properly done.

The difference between sautéing and deep fat frying should be clearly understood. The former requires only a very little fat in a shallow pan, while deep fat frying implies the immersion of food in a sufficient quantity of fat to completely cover it, that fat being heated to a temperature of from 360–390° F. depending on what is being fried. The object in frying is to instantly seal the surface of the food through the agency of the hot fat thus retaining all the natural juices and flavors without any absorption of fat by the food itself. Properly fried food should have a crisp golden brown surface, a thoroughly cooked yet never dried-out interior and no greasiness. Although a large amount of fat is used, deep fat frying is not extravagant because with temperature control plus proper subsequent care, the same fat may be used over and over again making the process really an economical one.

The Frying Kettle

This should be of heavy metal, straight-sided and fairly deep; heavy to prevent tipping and too rapid heating of the fat; deep to eliminate any possibility of overflowing. To insure safety, never more than half fill the frying kettle with fat.

The Frying Basket

This is an open wire basket which while not absolutely essential is most desirable especially where much frying is

done. With its aid several portions of food may be lowered into and lifted from the fat at one time. Failing the basket, a perforated spoon must be used but the cost of the basket is so small as compared with the convenience it affords that it is well worth having.

The Frying Fat

Among commercial fats we have a choice between vegetable oils, solidified vegetable fats (made by processes which give them about the consistency of lard) and a good grade of lard itself, all of these possessing what is known as a "high smoking point," *i.e.*, they can be heated to the desired temperature without smoking. Left-over household fats such as beef drippings, sausage and ham fat, while savory and flavorful, smoke at a much lower temperature and should be kept for sautéing.

After frying any dough mixture, crullers for example, the fat will appear cloudy but a few slices of raw potato cooked in it quickly clear it.

Always strain frying fat through fine cheesecloth after using to remove any crumbs or particles of food which may have fallen into it.

The Temperature at Which to Fry

This is highly important and varies according to the kind of food which is being prepared. The use of a frying thermometer eliminates all guesswork but failing this use the bread cube test, *i.e.*, drop an inch cube of bread into the hot fat; for uncooked mixtures (doughnuts, crullers, etc.) this should turn golden brown in 60 seconds; for cooked mixtures (croquettes, fishcakes, etc.) it should brown in 40 seconds.

Watch the fat carefully while heating for as it nears the desired temperature it heats very rapidly. Be careful too to lower the basket gently into the fat and to cook only small quantities at a time. Make three fryings of a dozen croquettes in units of four, rather than two fryings of six each. It stands to reason that the sudden immersion of a large quantity of cold food lowers the temperature of the fat unduly and may

cause undesirable absorption. Always reheat to the indicated temperature between fryings.

Egging and Crumbing

Many foods which are to be deep fat fried, especially croquettes, cutlets and the various members of the fish and shellfish families, are first "egged and crumbed," this forming a crisp outer coating impervious to fat.

For this beat one egg (on a flat plate) just enough to thoroughly blend yolk and white but not to make it frothy, adding to it one tablespoon cold water partly to thin it and partly to increase the bulk. Have ready on paper (or plate) plenty of fine bread crumbs — these are preferable to cracker crumbs as they take a good color and do not absorb grease.

Having trimmed and shaped the article to be fried, lay it in the beaten egg and, using a small brush, coat it completely with the egg. Lift out with spatula, drain off any excess egg and place upside down in bread crumbs. If contact with spatula has displaced any of the egg coating touch it up a little with the brush. Toss in crumbs until completely covered, then lift from crumbs and shake off any loose ones lest they fall into the frying fat and burn.

When preparing oysters, clams or fillets of fish, pat gently in cloth to remove any surface moisture, then proceed as directed. Many cooks dip such moist foods first into crumbs, then into egg, then into crumbs again.

Sift any left over crumbs and store for re-use.

Draining

All fried foods must be thoroughly drained immediately after being taken from the hot fat. For this put crumpled unglazed paper in a shallow pan or tray — kitchen paper towels or inexpensive napkins are good. Lay the fried food on it — the paper will absorb any particles of fat which adhere to the surface. The draining pan may be placed in a warm oven so that the first fried food is kept hot while the remainder is being cooked.

Deep Fat Frying Temperature and Time Table

Kind of Food	*Temperature of Fat*	*Time of Cooking*
Doughnuts, crullers and uncooked mixtures generally	360°–375° F.	2–5 minutes
Croquettes, fishcakes and cooked mixtures generally	375°–390° F.	2–5 minutes
Small fish and fillets	375°–390° F.	3–6 minutes
Oysters, clams, scallops	375°–390° F.	2–5 minutes
Onion rings	380° F.	2–4 minutes
Potatoes, French Fried, Julienne and Shoestring	375°–390° F.	4–8 minutes

POULTRY

The Preparation of Poultry

Poultry should be cleaned and dressed as soon as possible after being killed. Pinfeathers are best removed with thumb and finger, with the tip of a small pointed knife, or with tweezers specially designed for this purpose.

To draw the tendons from the drumstick make a lengthwise incision between the bones of the leg, below the joint, while the foot is still attached to the body. Then with a strong skewer pick up the tendons, one at a time, through the incision, and holding the skewer with the tendon on it with two fingers, give a vigorous downward pull. The tendon should come out easily, the process being repeated until all are removed. Turkey tendons are much stronger than those of chicken therefore offer greater resistance. Good butchers customarily remove them unasked.

The feet may now be cut off a little below the joint, and any long hairs removed by singeing. This is best done by holding the bird over a clear, steady flame, turning to reach all parts of the body. To remove the fuzzy down from a duck or goose, rub over lightly with alcohol, lay the bird in a dish pan and set fire to the alcohol or singe in the same manner as chicken or turkey.

The bird is now ready for drawing (unless this has been done by the butcher). Make a lengthwise cut in the flap or apron, just below the breast-bone at the tail end, and with the hand remove gizzard, heart, intestines and liver, being careful not to break the gall-bag which is attached to the liver. If this should happen it will cause any part of the bird with which it comes in contact to taste bitter.

Remove the lungs from each side of the backbone, also kidneys, windpipe and crop. This last is reached by inserting

the fingers under skin of neck after the head is cut off. The oil bag at base of tail must also be cut out.

Cut gall bag from liver, then with sharp knife cut through the flesh of one side of the gizzard down to the hard inner lining — if possible without breaking it. Pull flesh away from this lining, discarding it and its contents. Liver, gizzard, heart and neck may then be used for soup or giblet gravy.

Wipe bird well both inside and out and if to be stuffed fill body cavity lightly with stuffing, a little of which may also be placed in cavity from which crop was taken.

The opening through which entrails were removed and subsequently replaced with stuffing, must now be closed by inserting three or four wooden toothpicks or small metal skewers, ladder fashion, pushing them through skin on both sides of opening, then with white cord or heavy thread "lace" these together criss-cross style tying ends with a bow knot at base. (Be sure to pull out skewers and lift off thread after roasting.)

To truss chicken or turkey, draw legs up close to body and fasten in place with a skewer run through tips of drumsticks and body. Do the same with the wings, skewering so that they lie flat to the body, then tie firmly in place, being sure to pass cord under back, never across breast of bird. Cut neck off close, fold skin under and fasten down with a small skewer.

Ducks and geese having very short legs are somewhat more difficult to truss though the general method is approximately the same.

ROAST CHICKEN AND TURKEY

After cleaning, stuffing and trussing, rub over lightly with butter or bacon fat and dredge with flour. Place in roaster in hot oven (450° F.) about 20 minutes or until brown, then reduce heat to slow (325° F.) for remainder of roasting period, allowing 18–25 minutes per pound. Baste occasionally with fat from pan or a mixture of fat and hot water and turn bird in pan to brown evenly.

ROAST DUCK AND GOOSE

Follow above rule except that being rich in fat these birds do not require preliminary brushing over with additional fat.

BROILED CHICKEN

Remove tendons and pinfeathers as directed in Preparation of Poultry. With sharp knife split down back, remove entrails and organs and take out breast bone. Wipe thoroughly and cut through leg and wing joints before cooking to simplify serving. Brush all over with melted butter, place, skin side down, on preheated greased broiler rack and broil about three minutes. Turn and continue cooking until golden brown, turning two or three times during process, then reduce heat or place a little further away from flame to complete cooking — about 20–25 minutes in all. Season when half done; dot with butter and garnish with parsley and cut lemon.

FRIED CHICKEN

1 young frying chicken
Salt, pepper, flour
½ cup shortening and butter mixed

Cut chicken into pieces convenient for serving and dip each piece in seasoned flour, shaking off any which does not cling. Heat shortening and butter in frying pan and cook chicken slowly in it, turning frequently while cooking. Serve with cream sauce or brown gravy. Serves 2–3.

STANDARD POULTRY STUFFING

3 cups soft bread crumbs
⅓ cup butter or substitute
1 medium-sized onion, chopped
1 teaspoon salt
¼ teaspoon pepper
1 teaspoon poultry seasoning or mixed herbs
Grated rind ½ lemon
1 tablespoon chopped parsley

Method 1.

Melt butter then combine with remaining ingredients, tossing all well together.

Method 2.

Melt butter, add onion and cook gently until onion begins to color. Add crumbs and seasonings and cook two to three minutes longer.

Method 3.

Proceed as in Method 2, adding boiling water, milk, stock or beaten egg just to moisten after stuffing is cooked.

When using for turkey double all ingredients.

GIBLET STUFFING

Add to Standard Poultry Stuffing the giblets (heart, liver and gizzard) simmered in water to cover until tender, then finely chopped.

OYSTER STUFFING FOR TURKEY

To double Standard Poultry Stuffing recipe add 2 cups drained chopped oysters and 1 cup chopped celery.

CHESTNUT STUFFING

1½ pounds French chestnuts
⅓ cup butter
Salt and pepper
1½ cups soft bread crumbs
½ cup scalded milk

Remove shells from nuts and blanch by pouring boiling water over them; let stand five minutes when brown skin can be removed with fingers and a knife. Cook nuts in boiling salted water until tender — about half an hour; mash, add butter, seasonings and crumbs over which scalded milk has been poured.

SAGE AND ONION STUFFING

10 good-sized onions
1 teaspoon powdered sage
2 cups soft bread crumbs
Salt and pepper

Peel onions and cook until tender in boiling salted water, pouring off the first water and adding fresh after they have cooked ten minutes, to lessen strong taste and odor. Drain and chop onions finely, add sage, crumbs and seasonings and use as stuffing for goose, duck or boned leg of pork.

If preferred, this may be baked in a separate greased pan and cut into squares for serving, or baked in greased muffin pans.

POTATO STUFFING

3 cups hot mashed potato
1 cup soft bread crumbs
1 minced onion
½ cup finely chopped salt pork
1 teaspoon powdered sage
Salt and pepper
1 egg

Mash potato thoroughly, add bread crumbs, onion, pork, sage, salt and pepper and mix with egg lightly beaten. Use as stuffing for goose, duck or pork. This is a mild stuffing.

FRICASSEE CHICKEN

1 four–five lb. fricassee chicken
A few slices salt pork
1 small onion
Boiling water
Salt and pepper
A few mushrooms, optional
1 tablespoon butter
2 tablespoons flour
Chopped parsley

Cut chicken into good-sized pieces and wipe with damp cloth. Cut pork small and try out in saucepan. When fat flows freely, put in chicken, a few pieces at a time, and cook until slightly colored but not brown. Return chicken to pan, putting tougher portions at bottom, then add onion and cover all with boiling water. Cook very slowly in closely covered pan, until tender, add seasonings at end of first hour, with mushrooms, if used. It is not possible to give exact length of time required for the cooking as older birds take longer than young ones.

A few minutes before serving remove chicken from pan, thicken gravy with butter and flour rubbed smoothly together. Cook five minutes after adding the thickening, then pour over and around chicken on hot platter and sprinkle with parsley. Serves 6.

CHICKEN À LA STANLEY

1 three-lb. chicken
¼ cup butter or substitute
1 sliced onion
1½ tablespoons flour
1½ cups water or stock
Salt and pepper
½ cup cream

Cut chicken into pieces convenient for serving, wash and pat dry, then cook in hot butter for ten minutes. Remove

chicken, add onion to butter, and cook until it turns yellow. Add flour and when smoothly blended with butter, add water or stock and stir until boiling. Replace chicken, season, cover and cook until tender, about one hour. Add cream just before serving. Serves 4.

CHICKEN À LA PROVIDENCE

1 four–five lb. fowl
Salt and pepper
3 tablespoons butter
3 tablespoons flour
3 cups stock
1 cup cooked carrots, diced
1 cup cooked peas
2 egg yolks
1 tablespoon chopped parsley

Cut chicken into pieces convenient for serving, just cover with water and simmer gently until tender, seasoning at end of first hour. Keep hot while preparing the sauce: melt butter, add flour and blend smoothly. Gradually add stock (liquid in which chicken was cooked), stir until boiling, cook five minutes. Add carrots, peas and beaten egg yolks, heat thoroughly, pour over chicken and sprinkle with chopped parsley. Serves 6.

ITALIAN CHICKEN

1 three and one-half lb. chicken
Salt and pepper
½ cup olive oil
1 small onion
1 tablespoon cornstarch
1 beaten egg yolk

Cut chicken into pieces as for fricassee. Cook until tender in just enough water to cover, adding salt and pepper when partly done. Remove from pan and when cold dry each piece thoroughly. Heat oil in shallow frying pan, add onion and chicken, a few pieces at a time, and cook golden brown. Add gradually to oil in pan 1½ cups of the liquor in which chicken was cooked, bring to boiling point and thicken with cornstarch rubbed smooth with a little cold water. Cook five minutes; just before serving add beaten egg yolk with additional seasoning, if required. Pour sauce around chicken on hot platter. Serves 4.

CURRIED CHICKEN

4 tablespoons butter or substitute
3 tablespoons flour
1 tablespoon curry powder
2 cups milk or chicken stock
1 teaspoon onion juice
2 cups cooked diced chicken
Salt and pepper
½ sour apple or 1 tablespoon lemon juice

Melt butter or substitute, add flour and curry powder and cook five minutes; pour in milk or stock and stir constantly until sauce boils. Add onion juice (obtained by pressing a cut onion on a grater) then put in chicken and seasonings and heat thoroughly. If apple is used, chop finely and add as soon as sauce boils; if lemon is to be the acid ingredient, do not put it into sauce until moment of serving. Serve with boiled rice. Serves 3.

CHICKEN EN CASSEROLE

1 three and one-half lb. chicken
4 tablespoons butter or substitute
1 small onion, sliced
1 small carrot, sliced
3 potatoes, sliced
A few mushrooms, canned or fresh
2 cups stock or water
1 bay leaf
Salt and pepper

Cut chicken into pieces convenient for serving. Melt butter or substitute in frying pan; add onion, carrot and chicken and cook until golden brown. Have ready potatoes and mushrooms and arrange all in casserole in layers. Add bay leaf, seasonings and stock and bake (covered) about two hours in slow oven (325° F.). Serves 4.

CHICKEN POT PIE

1 four-lb. fricassee chicken
⅛ pound salt pork
Water or stock
Salt and pepper
Dumplings

Cut chicken into convenient pieces for serving and dice the pork. Place together in a good-sized saucepan, cover with water or stock and bring to boiling point; cover closely and simmer for from one to two hours depending on the age of the

chicken, seasoning when about half done. Thirty minutes before serving time put in dumplings and be sure to keep pan closely covered while they are cooking. Arrange meat in center of dish with dumplings around it, pouring gravy over meat. Serves 6.

For *Plain* and *Egg Dumplings* see page 99.

PILAU OF FOWL (An Indian Dish)

1 three and one-half to four lb. fowl
1 quart white stock
½ cup butter or substitute
12 almonds
1 small onion
12 seeded raisins
2 cloves
1 inch stick cinnamon
1 cup rice
Salt and cayenne

Truss fowl as for roasting and cook one hour in the stock. Meanwhile heat butter or substitute and fry in it the almonds blanched and shredded, the onion peeled and sliced, raisins, cloves and cinnamon. When golden brown remove from pan and fry rice in same butter, also golden brown. Drain off any superfluous butter, add rice and other ingredients with salt and cayenne to pan containing the chicken and stock. Cook one hour longer. Serve on one dish garnishing with bacon curls. Serves 6.

CHICKEN CROQUETTES

3 tablespoons butter
3 tablespoons flour
1 cup milk or stock
⅓ teaspoon salt
⅛ teaspoon pepper
1½ cups finely chopped chicken
½ teaspoon grated lemon rind
Egg and bread crumbs
Frying fat

Prepare heavy cream sauce by blending smoothly butter and flour, gradually adding milk or stock, then stirring until mixture reaches boiling point. Cook three minutes, still stirring constantly, add seasonings, chicken and lemon rind. Spread smoothly on plate to cool, having mixture about three-fourths inch thick. Divide into twelve portions, form into cork-shaped croquettes, dip in egg and bread crumbs (see page 30) and

fry golden brown in deep hot fat (375–390° F.) draining on soft crumpled paper.

For turkey croquettes follow above recipe substituting turkey for the chicken. Makes 12 croquettes.

CHICKEN PIE

Cook chicken as for Fricassee Chicken, arrange portions of meat in baking dish with gravy, adding vegetables or not as desired. Top with flaky pastry or baking powder biscuit dough rolled thin. Bake in moderately hot over (375° F.) 25–30 minutes. Serves 6.

MOLDED CHICKEN WITH VEGETABLES

1 envelope plain, unflavored gelatine
¼ cup cold water
1½ cups hot chicken stock
⅓ teaspoon salt
⅛ teaspoon pepper
1 cup cold cooked chicken, minced
1 cup mixed cooked vegetables—peas, diced carrots, string beans, asparagus
Watercress, pimiento, hard-cooked eggs

Soften gelatine in cold water then dissolve in the hot stock. Add salt and pepper and cool almost to setting point, then combine with chicken and vegetables. Turn into a mold previously dipped into cold water; chill. Unmold and garnish with watercress, pimiento and sliced hard-cooked eggs.

If chicken stock is not available, a canned consommé or chicken broth may be substituted. Serves 6.

ESCALLOPED CHICKEN AND HAM

1½ tablespoons butter
1½ tablespoons flour
1 cup stock, gravy or milk
½ teaspoon grated lemon rind
Salt and paprika
2 cups diced cooked chicken
1 cup diced cooked ham
½ cup buttered crumbs

Blend butter and flour until smooth, add stock, gravy or milk gradually, bring to boiling point, cook three minutes, then add lemon rind, salt and paprika. Combine chicken

and ham and place in baking dish in layers, first chicken, then crumbs, then sauce, repeating until all ingredients are used. Sprinkle with buttered crumbs and bake in moderately hot oven (375° F.) about 20 minutes. Serves 4.

TURKEY SOUFFLÉ

3 tablespoons butter
3 tablespoons flour
1½ cups milk or milk and turkey stock
½ teaspoon grated lemon rind
½ teaspoon salt
¼ teaspoon pepper
½ cup soft bread crumbs
1 cup minced turkey
3 eggs
½ teaspoon Rumford Baking Powder

Blend butter and flour in saucepan without browning, add liquid gradually, stir until boiling and cook three minutes. Add lemon rind, seasonings, bread crumbs and turkey, blend thoroughly and add egg yolks beaten until thick. Finally fold in stiffly beaten egg whites to which baking powder has been added. Turn into well greased casserole and bake about half an hour in moderate oven (350° F.). Serves 4–6.

BRAISED DUCK

¼ pound fat salt pork
1 four-five-lb. duck
Sprig of parsley
1 bay leaf
2 stalks celery
1 diced carrot
1 onion, sliced
Salt and cayenne
3 cups boiling water or stock
2 tablespoons butter
2 tablespoons flour

Cut pork into small dice and try out. The duck may either be trussed as for roasting or cut into convenient sized pieces. Brown it in the pork fat then transfer to deep pan with parsley, bay leaf, vegetables, seasonings and water or stock. Cover closely and cook in moderate oven (350° F.) until tender, 1½ to 2 hours, adding more water if necessary. Dish the bird, skim any fat from gravy, then thicken with the butter and flour rubbed smoothly together. Serve with currant jelly or apple sauce. Serves 4.

FISH & MEAT SAUCES

CREAM SAUCE

2 tablespoons butter
2 tablespoons flour
1 cup milk
½ teaspoon salt
⅛ teaspoon pepper

Put butter and flour in upper part of double boiler (having water in lower part boiling) and blend thoroughly. Add milk, a little at a time, stirring constantly until sauce thickens. Cook five minutes and add seasonings. Makes 1¼ cups sauce.

ONION SAUCE

To cream sauce add ¾ cup cooked, chopped, well drained onions.

CURRY SAUCE

To flour for cream sauce add 1 teaspoon curry powder and beat in one egg yolk after sauce is taken from fire.

EGG SAUCE

To cream sauce add 1 chopped hard-cooked egg and 1 teaspoon lemon juice.

SHRIMP SAUCE

To cream sauce add ½ cup cooked chopped shrimps, 1 teaspoon lemon juice and 1 teaspoon minced parsley.

PARSLEY SAUCE

To cream sauce add 2 tablespoons finely minced parsley.

To Prepare the Parsley.

Wash and dry thoroughly; remove all stalks. Chop fine; place the chopped parsley in the corner of a cloth and twist the cloth so that none may escape. Hold under the water faucet and press the parsley with the thumb and finger to get rid of the excess of green coloring matter liberated by the

chopping; otherwise this would make the sauce a dull, rather dirty-looking color, instead of creamy with minute particles of green parsley distributed through it.

OYSTER SAUCE

1 pint oysters
3 tablespoons butter
3 tablespoons flour
1 cup milk
¾ cup oyster liquor
Salt, pepper and lemon juice

Scald oysters in their own liquor; chop coarsely. Blend butter and flour in a saucepan without browning, add milk and oyster liquor gradually and stir until boiling. Lower heat, cook five minutes. Add seasonings and oysters and cook just long enough to heat oysters thoroughly. Makes 2½ cups sauce.

BÉCHAMEL SAUCE

2 tablespoons butter
2 tablespoons flour
1 cup stock
½ cup cream
Salt and pepper

Melt butter, add flour and blend until smooth, without browning. Add stock a little at a time, stirring constantly. Cook five minutes, season and add cream just before serving. Makes 1¾ cups sauce.

MINT SAUCE

½ cup fresh mint leaves
3 tablespoons sugar
⅔ cup vinegar

Wash mint before stripping leaves from stalks, dry thoroughly and chop fine. Add vinegar and sugar; let sauce stand until sugar is dissolved. Serve with roast lamb. Makes ¾ cup sauce.

CUCUMBER SAUCE

2 cucumbers
½ teaspoon onion juice
2 tablespoons olive oil
1 tablespoon vinegar
Salt and pepper

Peel cucumbers; grate or chop fine; drain well to rid of all moisture possible; add onion juice, oil, vinegar and seasonings

ing all pulp possible through and scraping off all that clings to under side. Melt butter, add flour and when smooth the strained tomato slowly, stir until boiling, season and cook five minutes. Some cooks add a little sugar to the sauce to neutralize the acid. Makes 1⅔ cups sauce.

HOLLANDAISE SAUCE

½ cup butter
2 egg yolks
2 tablespoons lemon juice
⅓ cup boiling water
½ teaspoon salt
Few grains cayenne

Divide butter into three portions, place one in upper part of double boiler with egg yolks and lemon juice. Set over hot water and cook slowly, stirring constantly, until butter is melted. Add second portion of butter and continue stirring. When sauce thickens add remaining butter and cook until mixture coats spoon. Add boiling water gradually, cook one minute and season. Watch carefully and do not overcook as this causes the sauce to curdle. The water in lower pan should never be allowed to actually boil. Makes nearly a cup of sauce.

ENTRÉES AND CHEESE DISHES

HAM AND MACARONI SCALLOP

1 eight-oz. package macaroni
2 tablespoons butter
1 tablespoon flour
1 cup milk
¼ teaspoon pepper
1 cup minced ham
⅓ cup grated cheese
½ cup buttered crumbs

Break macaroni into short lengths and cook in boiling salted water 9–20 minutes depending on macaroni used. Make a sauce by blending butter and flour smoothly, add milk and stir until mixture boils; season with pepper only. Arrange in buttered casserole or baking dish alternate layers of macaroni, ham and sauce, sprinkling cheese over each layer of macaroni. Top with buttered crumbs to which a little additional grated cheese may be added. Bake 20–30 minutes in moderately hot oven (375° F.). Serves 6.

FRICASSEE OF LIVER

1 pound liver
¼ pound fat salt pork
1 tablespoon butter or drippings
1 small onion, sliced
1 tablespoon chopped parsley
Salt and pepper
1 cup boiling water

Cut liver into rather thick slices and dice pork. Melt butter in upper part of double boiler, lay slices of liver in it, add pork, onion, parsley, seasonings and boiling water. Cover closely and cook gently over hot water for one and a half hours. Thicken gravy with one tablespoon each butter and flour rubbed smooth together and serve very hot with noodles or steamed rice. Serves 4.

MEAT FRITTERS

1 cup finely chopped cold meat: beef, lamb, chicken, etc.
Salt, pepper and a little onion juice, lemon, mint or other flavoring
1 tablespoon chopped parsley
1 cup flour
1 teaspoon Rumford Baking Powder
1 egg
⅔ cup milk
Frying fat

Season meat to taste, varying this according to meat used: lemon rind with chicken, mint with lamb, onion juice with beef; parsley in any case. Make a batter with flour, baking powder, egg and milk, add seasoned meat and drop by tablespoonfuls into shallow frying pan in which a little fat has been heated. Cook golden brown on both sides and drain thoroughly. Serve hot with or without a sauce or gravy. Serves 4.

BLANQUETTE OF VEAL

1½ tablespoons butter
1½ tablespoons flour
1¼ cups stock
¼ cup cream
½ teaspoon salt
⅙ teaspoon pepper
½ teaspoon grated lemon rind
1 teaspoon lemon juice
2 cups diced cooked veal
12 mushrooms, canned or fresh
2 egg yolks

Blend butter and flour smoothly in saucepan, pour in stock and cream gradually. Cook, stirring constantly, until boiling then simmer five minutes. Add salt, pepper, lemon rind and juice, veal and mushrooms; heat. Just before serving stir in egg yolks and cook one minute longer. Garnish with toast points. Serves 4.

CRABMEAT RAVIGOTE

2 cups crabmeat
1 teaspoon salt
⅛ teaspoon cayenne
1 teaspoon mixed mustard
1 tablespoon olive oil
1 teaspoon chopped parsley
1 hard-cooked egg, chopped
3 tablespoons vinegar

Pick crabmeat over carefully and combine with all remaining ingredients. Replace in crab shells or in scallop shells. Top with Ravigote Mayonnaise (see page 70) and garnish with parsley, cut lemon and pimiento strips. Serves 4.

SAVORY DRIED BEEF ROLLS

¼ pound dried beef
1½ cups mashed potato
1 teaspoon onion juice
1 teaspoon chopped parsley
2 tablespoons chopped green pepper or pimiento
1 tablespoon melted butter
Paprika
Cream sauce or egg sauce

Trim the largest slices of beef, scald if necessary, pat dry with a cloth and spread with a filling made by blending potato, onion, parsley, pepper or pimiento and trimmings and fragments of beef cut small. Roll up and fasten with small wooden skewers. Place close together in a baking dish, brush over with melted butter, dust with paprika and bake in moderately hot oven (375° F.) 15–20 minutes. Serve plain or on toast with sauce poured over and around the rolls. Serves 4.

CHICKEN LIVERS EN BROCHETTE

12 chicken livers
12 thin slices bacon
Pepper
Lemon juice
Strips of toast

Clean livers carefully, removing gall bag if this has not already been done. Cut in halves and wrap each piece in a half slice of bacon. Impale on skewers allowing six rolls to each skewer. Lay on wire rack over baking pan to catch fat and cook in hot oven (400° F.) until bacon is crisp, turning once or twice while cooking. Dust with pepper and lemon juice and serve on strips of toast. Serves 4.

CHICKEN CHARTREUSE

2 cups cooked rice
1½ cups minced cooked chicken
1 tablespoon chopped parsley
Slight grating lemon rind
½ teaspoon salt
⅛ teaspoon pepper
Cream sauce, chicken gravy or mushroom sauce

Grease a plain mold and line smoothly with rice, pressing into place with a spoon. Combine chicken, parsley, lemon rind and seasonings and pack into rice-lined mold. Top with more rice and cover with greased paper. Steam three-quarters of an hour. Unmold and pour sauce or gravy over all. Serves 4.

STUFFED PEPPERS

1½ cups minced cooked chicken
½ pint chopped oysters with their liquor
⅔ cup soft bread crumbs
2 tablespoons melted butter
⅔ teaspoon salt
¼ teaspoon pepper
Slight grating lemon rind
6 green peppers

Combine chicken, oysters and liquor, crumbs, butter, seasonings and flavorings. Cut a slice from stem ends of peppers, remove all seeds and white fiber and fill with chicken mixture. Bake half to three-quarters of an hour in moderately hot oven (375° F.) The same stuffing may be used for tomatoes. Serves 6.

BROILED SWEETBREADS

1 pair sweetbreads
Juice of half a lemon
Salt and pepper

Soak sweetbreads one hour in cold water, drain and simmer twenty minutes in boiling water to which lemon juice and a little salt have been added. After cooking plunge again into cold water to keep white and firm. Drain, split, season lightly and broil over clear fire or under broiler flame about five minutes. Serve very hot with Maître d'Hôtel Sauce (see page 44). Serves 2.

ESCALLOPED CHEESE

4 slices day old bread, diced
1 cup grated cheese
3 eggs, beaten
1 pint milk
Salt and pepper

Arrange bread and cheese in alternate layers in baking dish then pour over them beaten eggs combined with milk and seasonings. Let stand one hour, then bake one half hour in moderate oven (350–375° F.). Serves 4.

CHEESE TOAST

2 tablespoons butter
3 tablespoons flour
1 cup milk
Salt and cayenne
1 cup grated cheese
Slices buttered toast

Melt butter, add flour and blend smoothly, then gradually add milk, stirring constantly, until boiling. Cook five minutes, season and add cheese. When melted pour over toast in a fireproof dish which can be sent to table and set in very hot oven (450° F.) for five minutes. Serve immediately. Serves 4.

DEVILED CHEESE

1½ cups grated cheese
1 teaspoon dry mustard
Salt and cayenne
Crackers
2 tablespoons olive oil
2 tablespoons vinegar
1 teaspoon Worcestershire sauce

Blend cheese, mustard, salt and cayenne; add oil, beat until creamy, gradually working in vinegar and Worcestershire sauce. Spread on hot toasted crackers or toast and bake five minutes in hot oven (400° F.). Serves 4–6.

Note: Remember that cheese varies greatly in saltiness, therefore be governed accordingly when seasoning.

MACARONI AU GRATIN

1 eight-oz. package macaroni
2½ cups cream sauce
½ teaspoon dry mustard
1 cup grated cheese

Cook macaroni in boiling salted water 9–20 minutes depending on macaroni used. Drain and combine with highly seasoned cream sauce, mustard and three-fourths of the cheese. Turn into deep baking dish, sprinkle remaining cheese over top and bake about half an hour in moderately hot oven (375°–400° F.). Serves 6.

SWEDISH TIMBALES

¾ cup flour
½ teaspoon salt
1 teaspoon sugar
2 egg yolks
½ cup milk
1 tablespoon olive oil

Sift flour, salt and sugar and mix to smooth batter with egg yolks, milk and oil. Let stand at least one hour before using. Pour batter into cup, heat timbale iron in deep hot fat and dip into batter being careful that this does not come over top of iron. Lower iron into hot frying fat (375° F.) and fry

golden brown. Lift from fat, slip cooked timbale from iron and drain, inverted, on soft paper. If the iron is either too hot or too cold, the batter will drop off. It is only by practice that the right heat can be judged. Makes 1 dozen.

MUSHROOM FILLING FOR TIMBALES

3 cups diced mushrooms
3 tablespoons butter
⅔ teaspoon salt
¼ teaspoon pepper
3 tablespoons flour
1 cup milk
½ cup cream
2 tablespoons sherry

Cook mushrooms in butter until tender, add seasonings and flour and when smoothly blended the combined milk and cream. Bring to boiling point, stirring constantly, cook five minutes and add sherry just before filling timbale cases.

SWEETBREAD AND MUSHROOM FILLING

Follow recipe for Mushroom Filling substituting 1 parboiled diced sweetbread for 1 cup of the mushrooms.

OYSTER FILLING

Follow recipe for Mushroom Filling substituting 1 pint solid oysters for mushrooms and 1 tablespoon lemon juice for sherry. Clean, pick over and scald the oysters in their own liquor and use ½ cup of this liquor as part of liquid for sauce.

CREAMED HAM AND PEAS

1½ cups cream sauce
1 cup diced cooked ham
1 cup cooked peas
1 teaspoon chopped parsley
¼ teaspoon pepper
Salt if needed

Have cream sauce in double boiler, add ham, peas and seasonings; heat thoroughly before using to fill potato nests.

POTATO NESTS (For Creamed Meats or Fish)

3 cups hot well-seasoned mashed potato
2 tablespoons cream
1 tablespoon butter
1 tablespoon onion juice, optional
1 egg
1 teaspoon Rumford Baking Powder

Combine potato, cream, onion juice, if used, and beaten egg. Beat mixture until light, then add baking powder and again beat thoroughly. On well-greased baking sheet shape mixture into nests, hollowing out centers with tablespoon and roughening surface with a fork. Brush with melted butter and bake in hot oven (400–450° F.) until golden brown, 15–20 minutes. Lift nests to hot platter with spatula or pancake turner and fill with creamed ham and peas or any other desired creamed mixture as creamed drief beef, creamed chicken, eggs or oysters. Serves 4.

CREOLE RICE CAKES

4 slices bacon
3 tablespoons chopped onion
3 tablespoons chopped green pepper
1 cup cooked rice
½ cup flour
1 teaspoon Rumford Baking Powder
1 teaspoon salt
½ teaspoon pepper
1 cup canned tomato
2 beaten eggs

Fry bacon crisp leaving bacon fat in pan. Chop bacon and combine with all other ingredients in the order given to make a batter. Cook as fritters in the bacon fat. Serves 4.

CHEESE PATTIES

3 tablespoons butter
2 eggs, beaten
½ cup soft bread crumbs
½ cup grated cheese
1 teaspoon Rumford Baking Powder
Salt and cayenne
¼ cup milk (about)
Standard Pie Crust

Cream butter, add beaten eggs, crumbs, cheese, baking powder, salt and cayenne; add milk to moisten. Line small tartlet pans with Standard Pie Crust (see page 90), put a spoonful of the cheese mixture into each and bake, having the oven hot (450° F.) for the first ten minutes, then reducing to moderate (350° F.) for remainder of baking, about 15 minutes more. Makes 8 patties.

VEGETABLES

The Preparation and Cooking of Vegetables

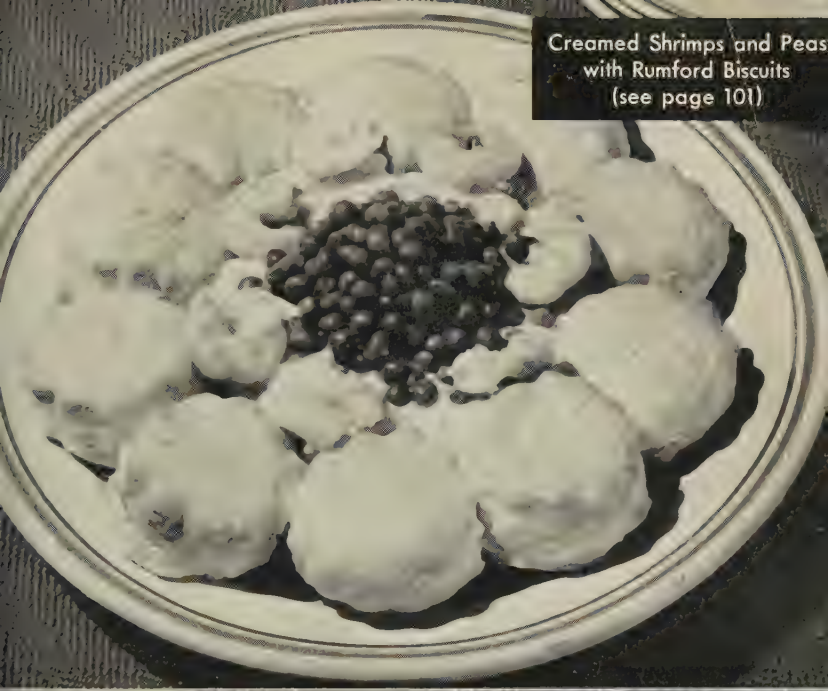
The old-fashioned method of cooking vegetables in a large quantity of water, which is afterwards thrown away, is not to be recommended, as it means the loss of valuable mineral salts and vitamins.

Green vegetables should be cooked in as little water as possible, such water as remains after cooking either being served with the vegetable or used in the making of soups, sauces or gravies. All root vegetables are improved by the addition of a little butter when being served.

Wash all green vegetables thoroughly, then cook rapidly in boiling water, adding salt when partly cooked (spinach requires no water other than that which clings to the leaves after washing). Cook without a cover as this aids in preserving color. Never add soda to the water as this destroys vitamins. Drain thoroughly as soon as tender; overcooking causes deterioration in flavor and vitamin content.

The length of time required for the cooking of either root or green vegetables depends largely on their age and freshness (see Vegetable Time Table, page 58).

Cabbage, Cauliflower, Dandelion, Beet and Other Greens. Wash thoroughly, remove dead leaves and stand in cold, salted water for an hour. This removes any insects that may be hidden among the leaves. Cabbage is usually cut into quarters when being cleaned; cauliflower is sometimes divided into small flower stalks, and when this is not done it is wise to make a cross-cut in the stalk; otherwise, being hard, it is not likely to be sufficiently cooked as soon as the rest of the plant.



Creamed Shrimps and Peas
with Rumford Biscuits
(see page 101)

Pot Pie
with Rumford Biscuit Crust
(see page 101)

Crown Roast of Pork
see pages 18 and 22)

Deviled Eggs
(see page 78

Spinach requires exceptionally thorough washing because it grows in sandy soil, close to the ground. Remove roots and dead leaves, then wash by placing in a large pan of cold water and tossing about with the hands after which transfer to fresh cold water, repeating the process until all sand is eliminated; or place spinach in sink and turn the dishwashing spray on it.

Beets need no preparation before cooking but may be boiled without even cleaning. The tops should be cut off several inches above the roots to avoid bleeding and the beets cooked until tender in boiling water.

Summer Squash. If the skin is at all likely to be tough it should be removed; if very young, cook without peeling. Drain thoroughly after cooking.

Hubbard Squash may be baked, boiled or steamed, the first being the best method as it leaves the squash drier. To bake cut into large pieces, place skin side up in roasting pan and bake until tender, about one hour, in moderate oven (350° F.), covering for first half hour of cooking. Scrape flesh from skin and season with pepper and salt. Bake *Acorn Squash* in the same manner, cutting into halves.

Eggplant may be sliced, peeled, dipped in beaten egg and bread crumbs and sautéed in a little drippings or bacon fat; or parboil whole, then peel, dice and bake in casserole in well-seasoned tomato sauce. To stuff and bake eggplant, parboil, cut in halves, scoop out the fleshy part, chop finely, mix with half its bulk of bread crumbs, a little onion juice, chopped parsley or any other seasoning desired; replace the mixture in the shell and bake in moderately hot oven (375° F.) about half an hour. A little drippings or butter put over the top of the filling before baking is an improvement. Serve plain or with brown gravy.

For a main dish, add cold minced meat or cooked diced bacon or ham to the stuffing.

Asparagus should be scraped, the tough part of the stalk removed, then tied in bunches and cooked until tender in boiling water, adding salt when partly cooked. If you do not have an asparagus cooker, use a double boiler, inverting the upper half over the lower; in this way the stalks are cooked in the water, the tender tips cooked by steam.

Green Corn should be cooked as soon as possible after gathering. Remove the husk and silky fibre and break the ears if too long to go into the kettle easily; cook in boiling water just long enough to thicken the milk of the grain — from twelve to twenty minutes will be required, according to the age of the corn. If it cannot be cooked as soon as gathered, leave the husk on until the last moment as it prevents the corn drying and becoming tough.

Peas should have fresh-looking, well-filled, crisp pods. They should not be shelled until just before cooking and will have a richer flavor if some of the pods are cooked in the water with them. Have water boiling and add salt when partly done. A sprig of mint or rosemary cooked with the peas gives a delicious flavor.

Beans — Green or Wax. Select slender, smooth beans which snap easily when bent. Cut off stems and tips and remove strings (if any), then either snap or cut into inch lengths. Wash, cook in boiling water, adding salt when partly done.

Lima Beans. Select beans with small green pods; heavy or yellowed pods indicate overmaturity with consequent lack of tenderness. Cook in boiling water, adding salt when partly done. Lima beans need plenty of butter.

Carrots. Good quality carrots are smooth, slender, firm and clean in appearance. The tops of bunched carrots should be fresh and green. Scrape, never peel, and cook quickly in boiling water, adding salt when partly done.

Parsnips are a fall and winter vegetable closely allied to carrots. Select those of medium size, smooth and firm. Scrub and scrape. May be plain boiled, creamed or sautéed in a little fat with sugar added to form a light caramel.

Turnips offer two varieties, white and yellow. Both should be smooth, firm and with little rootage. Peel thickly, soak in cold water if at all limp. Cook in boiling water, adding salt when partly done. Young turnip tops make excellent greens especially if cooked with a little salt pork.

Onions may have white, red or yellow skins and be large or small, mild or pungent. If held under cold water while peeling, "tears" will be minimized. Cook only until tender in boiling water, adding salt when half done.

Celery is best when medium size with brittle stalks. Reserve hearts for salad or appetizer. Use every particle of outer stalks either for creaming, braising or soup making.

Cooking Vegetables under Pressure.

The new small cookers having only fifteen pounds pressure make possible the cooking of vegetables in the briefest space of time and with a minimum loss of both vitamins and color. Methods vary slightly, depending on the make of cooker used, therefore manufacturer's directions should be followed.

Cooking Vegetables the Waterless Way.

This necessitates a very heavy kettle or saucepan with closely fitting cover to hold the heat and requires practically no water other than that which clings to the vegetable after washing.

Steamed Vegetables.

By this method loss of minerals is minimized and the vegetables are cooked without added moisture.

Potatoes should always be kept in a cool, dark place to avoid sprouting. They are so commonly used that we might expect them served in perfection, but in reality few vegetables are so poorly cooked. If potatoes are peeled before cooking, it should be done as thinly as possible; the flavor is better and the food value greater if the skin is left on. Always cook potatoes of even size at one time that all may be done together.

Baking is the best method of cooking, as all the potash salts are retained and dry heat bursts the starch cells, rendering

the potatoes mealy and digestible. When baked or boiled in their skins they must be eaten as soon as cooked, otherwise the flavor changes quickly. If delay is necessary, break the skin to let some of the moisture escape.

To boil potatoes, either in their jackets or when peeled, put them into enough boiling water to cover, add a tablespoon of salt for each dozen potatoes, cover the saucepan closely, and if of moderate size cook thirty minutes — small ones may take a little less time. Test with a fork and, if tender, drain at once, let the steam pass off and shake the potatoes in the pan to make them floury. If they cannot be served at once, cover lightly with cheese cloth to prevent the cold air reaching them.

Creamed or escalloped potatoes are better prepared from left-over baked ones rather than boiled as they are drier and of better flavor. The same applies to cottage fried, that is, cold cooked potatoes fried; also to Lyonnaise potatoes, that is, potatoes fried with minced onion, or chives and chopped parsley.

Time Table for Boiling Vegetables

Vegetable	*Minutes*	*Vegetable*	*Minutes*
Artichokes . . .	25–40	Greens, Beet, Dandelion, Turnip .	20–30
Asparagus . . .	15–25	Onions	20–40
Beans: Wax, Green, Lima	30–40	Parsnips	30–40
Beets, Young . .	30–60	Peas	15–30
Broccoli	15–30	Potatoes, White .	20–40
Cabbage	10–15	Sweet .	20–30
Carrots, Young . .	15–20	Spinach	8–15
Winter .	20–30	Squash, Summer .	15–20
Cauliflower, Whole	20–30	Tomatoes . . .	15–20
Flowerets . . .	10–15	Turnips	20–35
Celery	20–30	Dried Vegetables . (Lima, Navy and Kidney Beans, Lentils and Peas)	2–3 hours
Corn, Green . . .	8–15		

In cooking vegetables remember that both freshness and age largely govern the cooking time.

When steaming vegetables, generally speaking, allow from one-quarter to one-third longer than for boiling. As vegetables to be steamed are usually cut into pieces (except beets) the size largely governs the cooking time.

SAVORY POTATOES

6 medium-sized potatoes
2 small onions
1 pint milk
Salt and pepper to taste

Pare and cut the potatoes in thin slices; put a layer of them in a baking dish, sprinkle with finely minced onion, salt and pepper, repeating in the same order until the dish is full or the ingredients all used. Pour enough milk over the potatoes to cover them, and bake in a slow oven (325–350° F.) until tender, about one hour, adding more milk if needed. Serves 4.

HASHED BROWN POTATOES

½ cup diced salt pork or ⅓ cup butter or substitute
6 cooked potatoes, baked or boiled
Salt and pepper

Try out salt pork and when fat flows freely remove the scraps, or heat butter or substitute without browning. Add potatoes and toss about until hot. Season and continue cooking without stirring until the under side is browned. Invert onto hot dish. Serves 4.

POTATO CROQUETTES

2 cups mashed potato
1 tablespoon butter
Salt, pepper and a little celery salt
2 teaspoons chopped parsley
½ teaspoon onion juice
1 egg, well beaten

Put potato through a potato ricer or sieve to remove all lumps. This is best done when the potatoes are freshly boiled and hot. Beat in butter, seasonings, parsley and lemon juice, and when well mixed stir in the well-beaten egg. Form into

croquettes of any desired shape, dip in beaten egg and bread crumbs (see instructions for Frying, page 30) and cook golden brown in deep hot fat (375–390° F.). Serves 4.

LYONNAISE POTATOES

6 cooked potatoes, baked or boiled
2 medium-sized onions
4 tablespoons butter or oil
Salt and pepper

Peel and slice or dice potatoes and onions, then cook onions in butter or oil until just beginning to turn color. Add potatoes and seasonings and cook golden brown, tossing the potatoes about while cooking that they may brown evenly. Serves 4.

CREOLE TOMATOES

4 large tomatoes
1 small onion, finely chopped
2 green peppers, finely chopped
Salt and cayenne
4 tablespoons butter or drippings
½ cup water
2 tablespoons flour
1 cup milk
Toast

Cut tomatoes in halves crosswise, place cut side up in baking pan and sprinkle with onion, green pepper and seasonings. Dot with half the butter, pour water into pan and bake in hot oven (400° F.) until tomatoes are tender, about 20 minutes. Melt remaining butter or drippings and brown flour in it, add milk and liquor from the baking pan, stir until boiling, season and cook three minutes longer. Serve tomatoes on toast, pouring sauce over them. Serves 4.

ESCALLOPED CAULIFLOWER

1 cauliflower
2 tablespoons butter
2 tablespoons flour
1 cup milk
Salt and pepper
⅔ cup soft bread crumbs
½ cup nuts, optional

Break cauliflower into small pieces and cook in boiling water until tender, adding salt when half done and a little milk, if desired, to keep cauliflower white. Prepare a cream

sauce with butter, flour, milk and seasonings. Butter a baking dish, put in half the cauliflower, then half the sauce, then half the crumbs and nuts stirred together. Repeat, having crumbs for the top layer, dot with additional butter and bake in moderately hot oven (375° F.) about 20 minutes. Serves 4.

CREAMED CELERY

2½ cups celery cut into inch lengths
3 tablespoons butter
3 tablespoons flour
1½ cups milk
Salt and pepper

Wash and scrape celery before cutting; cook until tender in boiling water, adding salt when half done; drain thoroughly. Blend butter and flour, add milk gradually, stir constantly until boiling, then cook three minutes. Season and heat celery in the sauce. Part of the liquor in which celery was boiled may be substituted for an equal amount of milk. Creamed onions, parsnips, carrots and other vegetables may be prepared in the same manner. Serves 4.

HASHED TURNIP

1 large yellow turnip
2 tablespoons butter
1 teaspoon salt
¼ teaspoon pepper
1 tablespoon chopped parsley
¼ cup light cream (or top milk)

Peel turnip thickly and dice. Cook until tender in boiling water, drain, return to saucepan; add butter, seasonings, parsley and cream. Bring to boiling point and serve. Serves 4.

CORN OYSTERS

1 cup green corn
4 tablespoons flour
½ teaspoon salt
1 egg
½ cup milk
Butter

Scrape or cut corn from cob. Sift flour and salt and mix to a batter with the egg and milk, stir corn into batter and drop by spoonfuls onto hot well-greased griddle or frying pan. Brown on both sides. Serves 4.

CORN FRITTERS

¾ cup flour
½ teaspoon salt
Dash of pepper
¾ teaspoon Rumford Baking Powder
2 eggs
1½ cups corn cut from cob

Sift together flour, salt, pepper and baking powder. Add beaten eggs and corn and, if necessary, a little milk. Drop by spoonfuls onto hot, well-greased griddle or frying pan and cook golden brown on both sides. If using creamy canned corn, add an additional two tablespoons of flour to absorb extra moisture. Serves 6.

GLAZED CARROTS WITH HERBS

1 bunch carrots (4 to 5 medium)
2 tablespoons chopped parsley
1 teaspoon mixed herbs
Butter
1 tablespoon granulated sugar
½ cup water or stock

Scrape and boil carrots until tender; slice. Mix parsley and herbs and sprinkle half over surface of well-buttered shallow casserole. Add carrots, top with remainder of herb mixture, dot generously with butter and sprinkle sugar over all. Pour water or stock into dish and bake 15–20 minutes in moderately hot oven (375° F.), uncovering for the last ten minutes of baking. Serves 4.

SALADS & SALAD DRESSINGS

Almost every variety of vegetable and fruit as well as eggs, meat, fish and cheese may be served as salad. Lettuce is commonly used either as the main ingredient or as a garnish and some variety of lettuce is available throughout the year.

There are four varieties of lettuce in common use. The most popular is Simpson or Iceberg lettuce, this being very crisp and succulent. To separate the closely clinging leaves cut the center stalk quite deeply, then hold the lettuce under running water with the cut side up; the leaves will separate without difficulty.

Garden lettuce is tender but does not head up very much. The same is true of Romaine the longer-leaved variety, which, however, is very crisp, while Boston lettuce heads and forms a good heart but is not especially crisp.

All of a good head of lettuce is edible, even the outer leaves may be shredded to form a nest, combined with other salad ingredients, or added to cooked greens. In itself, lettuce contains but little nutriment. It is, however, rich in those essential mineral salts and vitamins.

Mustard and cress used together make a good salad.

Small whole tomatoes dipped for a moment in boiling water, then peeled with a sharp knife, thoroughly chilled, seasoned, sprinkled with chopped parsley or herbs and served on lettuce with French dressing make a salad that tastes as good as it looks.

In winter, when fresh salad greens are hard to obtain, a tomato jelly, or salad made from canned or fresh cooked string beans, or even from the remains of baked beans seasoned with parsley and lemon juice, is economical and satisfying.

THE CLEANING OF SALAD PLANTS

Lettuce.

Growing so near the ground, much dirt gets into lettuce. In preparing it for table, separate all the leaves and wash well. It may be left in water about half an hour to absorb moisture and become crisp, but should then be well drained or patted dry in a soft cloth. If to be kept for any length of time, wrap in cheesecloth or place in open-meshed salad bag near but not on ice; or store in hydrator of automatic refrigerator.

Watercress.

This plant requires very careful attention when being prepared for the table, as many non-edible leaves are gathered with it, also because small water insects cling closely to it. A little salt in the water in which the cress is washed will greatly aid in their removal.

Endive, Field Salad and Dandelion.

These leaves must be carefully picked over, foreign matter removed, and after freshening in water for a short time, well drained before using.

Celery and Chicory.

The stalks of these must be carefully separated, washed and brushed with a vegetable brush, and all discolored parts cut out. The stalks may remain in water or be wrapped in a damp cloth until used. Only the inner stalks and hearts of celery are used for salads, the outer ones being boiled and served, with sauce, as a vegetable.

Radishes.

Wash, scrape and slice for salads; use as a garnish in form of radish roses.

All green salads should be chilled before serving to be crisp. When the leaves are too large to be served whole they should be broken, not cut, just before sending them to table. Add dressing to green salads just before eating; if put on sooner it softens the leaves and spoils both taste and appearance.

To make a lettuce salad more savory, scatter over it before serving a tablespoon of finely chopped chives or green pepper, or both. The salad bowl may be rubbed with a cut onion or clove of garlic, or a few drops of onion juice (obtained by pressing a cut onion on a grater) may be added to the salad.

In preparing salads from meat and fish an almost endless variety of flavors can be obtained by careful blending of seasonings to suit the principal ingredient of the salad itself: with diced cold lamb, green peas and a little finely chopped mint; with diced cold pork or duck, diced celery and a sprinkling of sage; with diced cold beef, tomatoes, onion and potatoes; with fish, lemon juice and cucumber. Serve these salads with any preferred dressing — French, boiled or mayonnaise.

Fruit salads are frequently served at luncheon either as a salad or dessert and may be made of one fruit or a combination of several: citrus fruits, bananas, apples, pineapple, etc. The canned fruits, too, are all available for salads. Serve with any preferred dressing.

The chief rules to be remembered in making salads are:

1. Have all ingredients thoroughly chilled; greens crisp, drained and dried.

2. Keep salads in the refrigerator until the moment of serving and use very cold plates.

3. Blend part of the dressing with the salad itself in addition to that used as garnish.

4. Make salads interesting in appearance by color contrast.

HARLEQUIN SALAD

1 cup each red and white cabbage, shredded
1 cup cooked peas
½ cup diced cooked beets
½ cup shredded raw carrot
1 onion, chopped
Salt and pepper
French Dressing

Combine all vegetables, season highly and marinate with French dressing. Chill thoroughly and if desired pass additional French dressing, mayonnaise or boiled salad dressing at table. Serves 6.

CREAM CHEESE SALAD

2 packages cream cheese
2 tablespoons heavy cream
1 teaspoon each finely chopped parsley, chives and olives
Salt and paprika
Lettuce or watercress
French Dressing

Combine cheese and cream, blend thoroughly and work in parsley, chives, olives and seasonings. Form into small balls and serve on lettuce or watercress with French dressing. Serves 6.

POTATO AND EGG SALAD

3 medium-sized cooked potatoes
3 hard-cooked eggs
Salt and pepper
1 teaspoon onion juice, optional
French Dressing
Watercress or shredded lettuce

Dice potatoes while still hot and blend with eggs, crushed with a silver fork. Season, add onion juice if used, and moisten generously with dressing. Chill and serve on watercress or shredded lettuce, dusting top with paprika. Serves 4–6.

CHICKEN SALAD

3 cups diced cooked chicken
2 cups diced celery
1 diced green pepper or pimiento
Salt and pepper
⅓ cup French Dressing
1¼ cups Mayonnaise
Lettuce
Hard-cooked egg and stuffed olives

Combine chicken, celery, green pepper or pimiento and seasonings and marinate with French dressing. Chill thoroughly. Blend with half the mayonnaise, turn into lettuce lined salad bowl, top with remaining mayonnaise and garnish with sliced hard-cooked egg and olives. Serves 4–6.

COMBINATION VEGETABLE SALAD

1 cup cooked diced carrots
½ cup cooked diced beets
1 cup cooked peas
½ bunch watercress
½ Spanish onion, chopped
1 cup cauliflower flowerets, uncooked
1 cup mayonnaise

Toss all ingredients together gently, using a wooden spoon and fork. Arrange on crisp lettuce in salad bowl or on indi-

vidual salad plates. Garnish with thinly sliced beets cut in fancy shapes, sliced hard-cooked eggs or curls of anchovy. Serve with Chiffonade Mayonnaise. Serves 6–8.

CHEF'S SALAD

This salad consists of as wide a variety as possible of salad greens — shredded lettuce, romaine, watercress, tender heart leaves of uncooked spinach, chicory, endive, escarole, shredded green pepper, field salad, dandelion greens — together with the finest possible shreds of ham, tongue, chicken or other meat plus small shreds of American Swiss or other packaged cheese. The greens may either be blended or arranged in layers in a large salad bowl, the meats and cheese sprinkled over them. Add no dressing to this beforehand but send to table with it a well-seasoned French dressing reinforced with hard-cooked egg, the white finely chopped, the yolk riced, this being poured over the salad just before serving, the whole then tossed and blended so as to coat every particle.

CUCUMBER STUFFED TOMATO SALAD

6 ripe tomatoes
2 medium-sized cucumbers
Mayonnaise or Boiled Salad Dressing
Salt and pepper
Lettuce
1 teaspoon chopped parsley

Scald and peel tomatoes; cut a slice from top of each and with small spoon remove pulp and seeds. Peel, dice and moisten cucumber with dressing. Chill and use to fill tomatoes (also chilled and sprinkled with salt and pepper), putting a little additional dressing on top and dusting with the parsley. Serve in lettuce nests. Serves 6.

BEAN STUFFING FOR TOMATOES

Combine 1½ cups cooked green or lima beans, 2 tablespoons diced celery (or a little celery salt), ½ cup finely chopped nuts, 1 tablespoon chopped parsley and 1 teaspoon onion juice. Season with salt and pepper and moisten with French dressing.

SHRIMP AND ASPARAGUS STUFFING FOR TOMATOES

Combine 1 cup diced fresh cooked or canned shrimps, 1 cup three-quarter-inch lengths asparagus tips, 2 tablespoons diced celery and 1 teaspoon finely chopped chives. Season with salt and pepper and moisten with mayonnaise.

FROZEN TOMATO CREAM SALAD

2 cups thick tomato pulp
¼ cup well-seasoned mayonnaise or boiled salad dressing
1 cup stiffly beaten cream
Endive or lettuce
Asparagus tips or green peas
French Dressing

For the tomato pulp cook together about 20 minutes one large can tomatoes, one small onion, one blade mace, three cloves and a sprig of parsley, or substitute six medium-sized fresh tomatoes and one cup water for the canned. Press through a sieve, rubbing through as much pulp as possible and season highly with salt and pepper.

When cold combine with salad dressing and cream, turn into refrigerator tray and freeze, stirring two or three times during the first hour. Or turn into a mold, seal and bury in equal parts of ice and salt. Unmold onto endive or lettuce, or cut into slices. Garnish with asparagus tips or peas marinated in a little French dressing. Serves 4–6.

COCONUT SALAD

½ fresh coconut, grated
2 apples, pared, cored and chopped
1 tablespoon diced green pepper
1 cup diced celery
1 diced pimiento
⅓ teaspoon salt
French Dressing
Lettuce or hollowed-out tomatoes

Combine all ingredients in order given, moisten with French dressing, chill thoroughly and serve in lettuce cups or hollowed-out tomatoes. Serves 4–6.

FRUIT AND NUT SALAD

2 oranges
1 grapefruit
1 cup shredded pineapple, fresh or canned
½ cup chopped nuts
1 cup diced peaches or halved strawberries
Whipped cream mayonnaise
Lettuce
Maraschino or mint cherries

Peel oranges and grapefruit, then divide into convenient sized portions discarding all membrane. Combine with pineapple, nuts, peaches or strawberries and moisten with dressing. Serve in lettuce lined bowl topping with additional dressing and garnishing with halved cherries. Serves 6 generously.

GINGER MINT SALAD

1 package lime or lemon flavored gelatine
½ cup boiling water
1½ cups ginger ale
¼ cup chopped walnuts
¼ cup finely diced celery
1 tablespoon finely chopped mint
1 cup mixed fruits, canned or fresh in season
Lettuce
Mayonnaise or whipped cream mayonnaise

Dissolve gelatine in boiling water, placing it over hot water for a few minutes if necessary. When cold add ginger ale and as soon as mixture begins to thicken, fold in nuts, celery, mint and fruits. Turn into individual wet molds, chill, unmold and serve on lettuce, passing dressing separately. Serves 6.

MAYONNAISE

2 egg yolks
2 cups oil
¼ teaspoon paprika
4 tablespoons lemon juice or vinegar
1 teaspoon salt

Beat egg yolks slightly in dry cold bowl, then add oil at first very slowly — a few drops at a time. As mayonnaise begins to thicken the oil may be added more rapidly until at the last a tablespoonful at a time is being added. Stir and beat constantly while adding oil. Add lemon juice or vinegar slowly after mayonnaise begins to thicken. It is wiser not to add salt and paprika until all oil is used.

Tarragon or other flavored herb vinegars may be substituted in whole or in part for the lemon juice or plain vinegar. Store in refrigerator.

RUSSIAN DRESSING

To 1 cup mayonnaise add ⅓ cup Chili sauce, 1 teaspoon Worcestershire sauce, 1 tablespoon minced green pepper, 2 tablespoons minced pimiento, 1 tablespoon minced chives or 1 teaspoon grated onion and 1 tablespoon minced pickles.

RAVIGOTE MAYONNAISE

To 1 cup mayonnaise add 1 tablespoon tarragon vinegar, 1 teaspoon each finely minced capers and parsley, 1 teaspoon grated onion and a dash of cayenne.

CHIFFONADE MAYONNAISE

To 1 cup mayonnaise add 2 tablespoons minced green pepper or pimiento, 1 teaspoon grated horseradish and ½ cup finely minced sweet pickles.

WHIPPED CREAM MAYONNAISE

Combine equal parts whipped cream and mayonnaise (made with lemon juice) and sweeten with a little honey or confectioner's sugar.

FRENCH DRESSING

⅓ teaspoon salt
¼ teaspoon paprika or pepper
1 teaspoon mixed mustard, optional
4 tablespoons oil
1½ tablespoons vinegar

Combine salt, paprika or pepper and mustard, if used, in shallow dish. Gradually beat in oil, then vinegar a little at a time, continuing the beating until thoroughly emulsified.

French dressing may be made in larger quantities and stored (covered) in refrigerator, shaking thoroughly before using.

BOILED SALAD DRESSING

2 tablespoons butter
1 tablespoon flour
2 eggs
1 tablespoon sugar
1 teaspoon dry mustard
⅔ teaspoon salt
⅓ teaspoon pepper
1 cup mild vinegar

Combine all ingredients except vinegar in upper part of double boiler and cook over hot water until they begin to thicken, stirring and beating while cooking. Gradually add vinegar and continue cooking three minutes. Beat occasionally while cooling.

HORSERADISH DRESSING

1 tablespoon grated horseradish
2 tablespoons lemon juice
Salt and paprika
1 cup whipped cream

Fold horseradish, lemon juice and seasonings into cream and use immediately. If prepared horseradish must be substituted for fresh, slightly reduce quantity of lemon juice. Especially good with any tomato salad.

SOUR CREAM DRESSING

1 teaspoon dry mustard
1 teaspoon salt
Tiny pinch cayenne
1 tablespoon sugar
2 egg yolks
1 cup sour cream
2 tablespoons mild vinegar

Combine and blend dry ingredients and egg yolks in upper part of double boiler. Gradually add sour cream and cook over hot water, stirring constantly, until thick, about seven minutes. Remove from fire, cool and add vinegar slowly. Chill.

EGGS

SOFT COOKED EGGS

1. Place eggs in saucepan and add boiling water to completely cover. Cook covered just below boiling point 3–5 minutes depending on consistency desired.

2. Start cooking with cold water, bring slowly to boiling point; for very soft cooked eggs remove from water at once; for medium soft leave in water covered and with fire turned off for 2–3 minutes.

HARD COOKED EGGS

Place eggs in cold water, bring to boiling point then cook just below boiling 15–20 minutes. To prevent the formation of the dark ring so often seen surrounding the yolk plunge eggs into cold water as soon as cooked.

SHIRRED EGGS

2 eggs **1 tablespoon butter** **Salt and pepper**

Melt butter in an egg shirrer or any fireproof earthen baking dish, break eggs into the dish and season to taste. Cook in moderate oven (350° F.) until set and serve in same dish. If no other baking is being done the eggs may be cooked over a very low heat on top of the range. A little chopped parsley, cheese or buttered crumbs may be sprinkled over the eggs before cooking, if desired.

POACHED or DROPPED EGGS

2 eggs **Boiling salted water** **Buttered toast**

Have water boiling gently in shallow pan — a frying pan is good. Break eggs, one at a time, into a cup, then slide gently into the water and cook until whites are just set. The water should cover the eggs and must not be allowed to actually

boil while eggs are cooking. Lift out with skimmer and place on hot buttered toast. An excellent method of insuring the good shape of the eggs is to grease a muffin ring for each egg to be cooked and place in the pan. Slide the egg into the ring which can be easily removed when the cooking is completed.

SCRAMBLED EGGS

6 eggs
3 tablespoons butter
6 tablespoons cream or milk
½ teaspoon salt
⅛ teaspoon pepper

Beat the eggs lightly, whites and yolks together, add the seasoning and cream or milk. Melt butter in shallow pan, add egg mixture and stir constantly until it begins to thicken, then remove saucepan to a cooler part of the range and continue cooking until eggs are set. Serve either on buttered toast or garnish with toast points. A little grated cheese, a few cooked peas, mushrooms or asparagus tips are sometimes added to the scrambled eggs just before removing them from the fire. For soft, creamy texture, scramble eggs in a double boiler over hot water. Serves 3–4.

PLAIN OMELET

4 eggs
¼ teaspoon salt
⅛ teaspoon pepper
4 tablespoons water or milk
2 tablespoons butter

Break eggs into a bowl and beat lightly, yolks and whites together, add salt, pepper and water or milk and blend. Melt butter in an omelet pan or skillet and allow it to become quite hot without browning. Pour the eggs into the pan, mix and stir them gently until they begin to set. Now push the omelet down to one side of the pan that it may be thick and puffy, tilting the pan so as to keep it at one side. Cook until just set in the center and golden brown on the surface next to the pan. Turn onto a dish, brown side up, and serve plain or with tomato or other sauce. Serves 2–3.

Variations of Plain Omelet

Sprinkle 3 tablespoons grated cheese, or 1 tablespoon chopped parsley with a few chopped chives or ½ teaspoon onion juice over the surface of the eggs as they begin to set, then complete cooking.

ORANGE OMELET

2 oranges	**4 eggs**	**¼ teaspoon salt**
Sugar	**4 tablespoons water**	**2 tablespoons butter**

Prepare the oranges by removing the skins, every particle of white pith, the seeds and as much as possible of the inner dividing skin; then cut or break into small pieces and add sugar to sweeten. This should be done some time before making the omelet that the orange juice and sugar may form a syrup.

Separate the whites from the yolks of the eggs; beat first the whites, then the yolks (by beating the whites first the same beater will do for both); add the salt and water to the yolks, then blend with the stiffly-beaten whites. Heat the butter in an omelet pan and when hot, but not browned, pour in the eggs and cook over a moderate heat only until the bottom of the omelet is set. This can be ascertained by gently inserting a knife between the omelet and the pan. As soon as set, place the pan on the upper shelf of a moderately hot oven (375° F.) to complete cooking. When firm to the touch and slightly browned, remove from the oven and place a few pieces of the orange on the omelet; mark across the center with a knife, fold the two sides together quickly and turn or roll onto a hot dish. Place the remainder of the orange around sides of omelet and serve at once. Serves 3–4.

OMELET CELESTINE

Prepare the omelet as for Orange Omelet, omitting the oranges, and in their place spread the omelet, after it is dished, with heated peach preserves, sprinkle with finely shredded blanched toasted almonds and top with whipped cream. Serves 3–4.

OMELET SOUFFLÉ

3 tablespoons sugar
Grated rind ⅓ lemon
2 tablespoons lemon juice
4 eggs
⅛ teaspoon salt

Combine sugar and lemon rind and let stand ten minutes, then add lemon juice and combine with egg yolks beaten until thick. Fold in egg whites, beaten with salt until stiff. Turn into a plain casserole or baking dish which has been buttered and sprinkled with fine granulated sugar. Bake in moderate oven (350–375° F.) until set, about 25 minutes. Unmold and serve immediately with Wine, Custard or Butterscotch Sauce. Serves 4.

CHEESE SOUFFLÉ

3 tablespoons butter
3 tablespoons flour
1 cup milk
1 cup grated cheese
Salt and pepper
3 eggs

Blend butter and flour smoothly in saucepan. Add milk, a little at a time and stir until boiling. Cook three minutes, add grated cheese, salt and pepper and set aside to cool. Beat eggs, yolks and whites separately, add yolks to mixture in saucepan, blend thoroughly; fold in the stiffly beaten whites. Turn into a deep, well-greased dish and bake in moderate oven (350–375° F.) about 25 minutes. Serve immediately. Serves 4.

CHICKEN SOUFFLÉ

2 tablespoons butter
2 tablespoons flour
1½ cups milk, or milk and chicken stock
½ teaspoon salt
¼ teaspoon pepper
½ cup soft bread crumbs
¼ teaspoon grated lemon rind
1 cup minced cooked chicken
3 eggs

Blend butter and flour smoothly in saucepan, add milk and stir until boiling; cook three minutes and add salt, pepper, crumbs and lemon rind. Cool, stir in chicken, add egg yolks beaten until thick and fold in egg whites beaten until stiff. Bake in well-greased pan in moderately hot oven (375° F.) about half an hour. Serves 4–6.

CHOCOLATE SOUFFLÉ

½ cup milk
1 square (1-ounce) unsweetened chocolate
⅔ cup cake or cookie crumbs
3 tablespoons chopped nuts
Few grains salt
2 eggs
5 tablespoons sugar

Scald milk with chocolate in upper part of double boiler. When chocolate is melted, add crumbs, blend until milk is absorbed; add nuts and salt with egg yolks beaten with half the sugar. Fold in egg whites beaten until stiff with remaining sugar. Turn into buttered mold or baking dish and bake in moderately hot oven (375° F.) 25–30 minutes. Serves 2–3.

SWISS EGGS

1 tablespoon butter
4 very thin slices cheese
4 eggs
Salt and pepper
4 tablespoons light cream
2 tablespoons grated cheese

Melt butter in shallow baking dish; cut slices of cheese in pieces of convenient size to cover the bottom of the dish. Break eggs over cheese, season to taste and pour a spoonful of cream over each egg. Sprinkle grated cheese on top and bake in moderately hot oven (375° F.) until eggs are set and cheese delicately browned. Serves 2 or 4.

EGGS IN PRISON

2 cups minced cooked meat
4 eggs
Buttered crumbs
Salt and pepper

Sprinkle well buttered custard cups thickly with buttered crumbs, then line with the minced meat seasoned and moistened with stock or gravy. Break a raw egg into each lined cup, top with additional buttered crumbs and bake in moderate oven (350° F.) until eggs are set, about 25 minutes. Unmold and serve plain or with gravy or mushroom sauce. Serves 4.

CREAMED EGGS ON RICE

2 cups cooked rice
6 hard-cooked eggs, halved
1½ cups cream sauce
1 teaspoon onion juice
1 teaspoon soy or Worcestershire sauce
1 teaspoon chopped parsley

Arrange the hot, cooked rice on a platter, imbed eggs (hot) in the rice, pour over the sauce to which has been added the onion juice and soy or Worcestershire sauce, and sprinkle chopped parsley over all. Serves 4.

EGG TIMBALES

4 eggs
Salt and pepper
4 tablespoons top milk or light cream
2 tablespoons chopped parsley or ham
Tomato or cream sauce

Beat eggs just enough to thoroughly blend yolks and whites, add seasonings and top milk or cream. Butter very small cups or molds and sprinkle with the parsley or ham. Pour in egg mixture gently, and set in pan of hot water. Cover with buttered paper and bake in slow oven (325–350° F.) about half an hour. Do not let the water boil as this would cause the timbales to become "honeycombed." Test by inserting a thin knife blade; when this comes out clean as in baked custard, remove from oven. Let stand five minutes, then unmold onto individual plates and pour sauce around. Serves 4–6.

SAVORY EGGS

2 medium-sized onions
1½ tablespoons butter or substitute
6 eggs
1 tablespoon vinegar
Salt and paprika
⅓ cup buttered crumbs
1 tablespoon grated cheese

Peel and finely mince onions; cook until golden brown in butter or substitute. Turn into baking dish, break eggs over them, add vinegar, salt, paprika and crumbs with which cheese has been blended. Bake in moderate oven (350° F.) about 20 minutes or until eggs are set. Serves 3 or 6.

CURRIED EGGS

2 tablespoons butter or drippings
1 small onion, minced
2 tablespoons flour
1 tablespoon curry powder
1½ cups water, stock or milk
½ teaspoon salt
1 teaspoon lemon juice
6 hard-cooked eggs, sliced

Melt butter or drippings and cook onion in it until just beginning to color. Add flour and curry powder and cook

three minutes. Gradually add stock, water or milk, stir until boiling and simmer 20 minutes. Add salt, lemon juice and eggs and heat thoroughly without boiling. Serve with cooked rice. Serves 4.

DEVILED EGGS (Cold)

6 hard-cooked eggs
1 cup minced ham, tongue or chicken
1 teaspoon minced parsley
2 tablespoons butter
Salt and paprika
½ teaspoon mixed mustard
Mayonnaise or Russian Dressing
Lettuce
Strips of pimiento

Cut eggs in halves lengthwise, remove yolks and mash. Add meat, seasonings and flavorings and moisten with dressing. Fill cavities in egg whites with this mixture and chill. Serve on shredded lettuce, garnishing with pimiento. For picnics, press two halves together and wrap in waxed paper. Serves 4–6.

PLANKED EGGS

3 cups mashed potatoes
4 tomatoes
4 eggs
1 teaspoon minced chives or ½ teaspoon minced onion
1 teaspoon minced parsley
4 tablespoons grated cheese
⅔ teaspoon salt
⅙ teaspoon pepper
Butter
Parsley and bacon curls, optional

Arrange potatoes in nest form on greased plank (or fireproof baking dish). Split tomatoes, place cut side up between nests and sprinkle with blended seasonings and flavorings. Dot with butter and bake in moderately hot oven (375° F.) about ten minutes, then break eggs into nests, season and return to moderate oven (350° F.) for about 15 minutes or until eggs are set, potatoes brown and tomatoes tender. Garnish with parsley and bacon curls, if desired. Serves 4.

NOTE. — If a half teaspoon of Rumford Baking Powder is added to each four eggs used in omelets, soufflés and scrambled eggs the result will be a definite increase in volume together with delicate puffy texture.

PUDDINGS AND SWEET SAUCES

QUINCE or PEACH PUDDING

2 cups flour
2 teaspoons Rumford Baking Powder
½ teaspoon salt
1 egg
1 cup milk
2 tablespoons melted butter
1 cup quince or peach preserve

Sift together flour, baking powder and salt and moisten with beaten egg, milk and melted butter to form a stiff batter. Add the preserve and beat thoroughly. Turn into a well-greased shallow baking dish and bake in moderate oven (350° F.) about 30 minutes. Cut into squares and serve with sweetened whipped cream. Serves 6.

APRICOT SOUFFLÉ

1 cup well drained canned apricots
6 drops almond extract
3 egg whites
½ cup sugar

Rub apricots through a sieve, place in saucepan and bring to boiling point. Add sugar, extract and stiffly beaten egg whites and blend lightly. Turn into small molds which have been buttered and sprinkled with sugar, set in pan containing hot water to come halfway up the sides of the molds and bake in moderate oven (350° F.) until firm, about 30 minutes. Serve with boiled custard made with the left-over egg yolks. Serves 4.

STEAMED APPLE PUDDING

3 cups flour
1 teaspoon Rumford Baking Powder
1 teaspoon salt
1 cup finely chopped suet
Water
2 pounds apples
½ cup sugar
Slight grating nutmeg or lemon rind

Sift together flour, baking powder and salt; add suet and mix to firm dough with water. Roll out and use to line a

greased bowl. Fill solidly with apples, pared, cored and cut small, adding sugar, flavoring and a little water to make juice. Cover with more crust, tie a greased paper over the top and steam or boil at least two and a half hours. Serve with lemon sauce. Serves 6.

MARMALADE PUDDING

1 cup soft bread crumbs
⅔ cup orange marmalade
2 eggs
1 cup milk

Combine crumbs, marmalade, beaten eggs and milk. Blend thoroughly, let stand ten minutes before turning into greased pudding mold or bowl. If the pudding mold has a cover, use it; otherwise cover with greased paper twisted under the rim of the bowl to keep it in position. Place in a saucepan containing enough boiling water to come two-thirds up the sides of the bowl. Cook one hour, adding more water as that in the pan boils away. Serve hot with lemon sauce. Serves 4.

POOR MAN'S RICE PUDDING

¼ cup rice
Pinch of salt
3 tablespoons sugar
1 tablespoon butter
1 quart milk

Wash rice well and put it in a baking dish with the salt, sugar and butter. Pour the milk over and bake in slow oven (325° F.) at least two and a half hours, stirring twice during the first hour. Serves 4.

KING GEORGE'S PUDDING

⅓ cup flour
1 cup flaked cereal
⅓ cup sugar
⅓ cup finely chopped suet
½ teaspoon salt
1 teaspoon Rumford Baking Powder
1 egg
⅓ cup milk
½ cup dark colored jam — plum, raspberry or blackberry

Combine flour, cereal, sugar, suet, salt and baking powder and moisten with combined beaten egg, milk and jam. Turn into a well-greased mold or bowl, cover and steam about two and a half hours. Serve hot with a sweet sauce. Serves 4.

FIG PUFFS

1½ cups flour
½ teaspoon salt
1½ teaspoons Rumford Baking Powder
3 tablespoons shortening
1 egg
¾ cup milk
¾ cup chopped figs

Sift flour, salt and baking powder, work in shortening, add figs, mixing them well into the dry ingredients. Moisten with beaten egg and milk, turn into small well greased muffin pans and bake in moderately hot oven (375° F.) about 20 minutes. Serve hot with wine sauce. Serves 4–6.

APPLE MACAROON PUDDING

3 cups apple sauce
½ cup finely chopped almonds
1 cup crushed macaroons
2 tablespoons melted butter

Put a layer of apple sauce into buttered baking dish, sprinkle with half the almonds, then half the macaroons into which the melted butter has been stirred. Repeat layers and bake 20 minutes in moderate oven (350° F.). Serve hot or cold with or without light cream or boiled custard. Serves 6.

ENGLISH PLUM PUDDING

1 cup currants
2 cups seeded raisins
⅔ cup mixed candied citron and orange peel
2 cups finely chopped beef suet
Grated rind 2 lemons
1 cup sugar
2 teaspoons mixed ground spices
1 cup flour
1 teaspoon salt
1½ cups soft bread crumbs
6 eggs
1 cup grape juice or brandy

Clean currants, quarter raisins and cut peel small. Add suet, lemon rind, sugar, spices, sifted flour and salt and crumbs and moisten with well beaten eggs and grape juice or brandy. Turn into well greased bowls or pudding molds, cover closely and steam six hours. The water must never be allowed to come over tops of bowls and as it boils away must be replenished with boiling water. Makes 2 puddings.

PLAIN PLUM PUDDING

½ cup currants
1 cup seeded raisins, quartered
½ cup finely chopped beef suet
2 cups flour
2 teaspoons Rumford Baking Powder
1 teaspoon mixed spices
½ teaspoon salt
½ cup sugar
1 egg
¾ cup milk

Clean currants and combine with raisins and suet. Sift flour, baking powder, spices and salt and add to fruits with sugar. Moisten with beaten egg and milk, turn into greased pudding mold, cover and steam three hours. Serve with hard or lemon sauce. Makes 1 pudding.

DATE PUDDING

1 cup pitted dates
1 cup beef suet
1 cup flour
½ cup sugar
1 teaspoon ground ginger
1 teaspoon ground cinnamon
1 teaspoon salt
2 teaspoons Rumford Baking Powder
1 cup soft bread crumbs
2 eggs
⅔ cup milk

Chop dates and suet fine or pass through a food chopper; add dry ingredients and moisten with well beaten eggs and milk. Turn into greased molds, cover and steam — if in one large mold, three hours; if in smaller ones, two hours. Serve hot with hard sauce. Serves 6.

CHOCOLATE TAPIOCA PUDDING

⅓ cup quick-cooking tapioca
2 squares (ounces) unsweetened chocolate
½ cup sugar
¼ teaspoon salt
4 cups milk
1 egg
1 teaspoon vanilla

Combine tapioca, chocolate (cut small), sugar, salt and milk in upper part of double boiler. Cook 15 minutes or until tapioca is clear, stirring frequently. Add beaten egg gradually, cook three minutes. Cool slightly, add vanilla. Chill and serve with light cream. Serves 6.

RHUBARB FLUFF

3 cups sweetened stewed rhubarb
Few drops rose coloring
Grated rind ½ lemon
1 tablespoon lemon juice
1 cup cream, whipped

If possible use pink (strawberry) rhubarb, otherwise slightly increase the rose coloring, which is added merely to heighten the tint. Add lemon rind and juice. Chill and just before serving gently fold in cream, whipped until stiff. Serve in sherbet or parfait glasses. Serves 6.

FRUIT COBBLER

1 quart fruit
1½ cups water
1½ cups sugar
2 tablespoons butter
¼ cup sugar, additional
1 egg
1 cup flour
1 teaspoon Rumford Baking Powder
⅓ teaspoon salt
½ cup milk

Practically any fruit in season may be used. Prepare according to its needs: peel, core and cut apples into thin slices; wash and stem berries, etc. Place in deep baking dish with water and sugar, cover closely and cook until fruit is tender. Meanwhile cream butter and additional sugar; add beaten egg, and sifted dry ingredients alternately with milk. Beat thoroughly, pour over hot fruit and bake, uncovered, 30 minutes in moderate oven (350–375° F.). Serve with hard sauce. Serves 6.

MOTHER EVE'S PUDDING

4 apples
1½ cups soft bread crumbs
½ cup sugar
¼ teaspoon salt
Slight grating nutmeg
2 eggs
½ cup milk

Peel, core and chop apples, add bread crumbs, sugar, salt and nutmeg and moisten with beaten eggs and milk. Turn into a greased mold, cover closely and steam two hours. Serve with a hot sweet sauce. Serves 4.

CRANBERRY ROLY POLY

2 cups flour
2 teaspoons Rumford Baking Powder
½ teaspoon salt
4 tablespoons shortening
⅔ cup milk
2 tablespoons melted butter
2 cups cranberry sauce, drained of juice

Sift together flour, baking powder and salt, work in shortening, mix to soft dough with milk and roll out about one-fourth inch thick on floured board. Brush with melted butter and spread generously with cranberry sauce. Roll up like a jelly roll, brush surface with melted butter and bake in hot oven (400° F.) about half an hour. Serve with hard sauce. Serves 6.

LEMON SNOWBALLS

3 eggs
1 cup sugar
3 tablespoons water
Grated rind of 1 lemon
2 tablespoons lemon juice
1 cup flour
1 teaspoon Rumford Baking Powder

Beat egg yolks and sugar until very light, add water, lemon rind and juice, and flour and baking powder sifted together. Beat egg whites until stiff and fold gently into batter. Half fill well-greased custard cups with the batter, cover with greased paper and steam half to three-quarters of an hour. Turn out, roll in powdered sugar and serve with lemon or foamy sauce. Serves 6.

BROWN BETTY

2 cups soft bread crumbs
3 tablespoons butter, melted
3 cups stewed sweetened apples

Combine crumbs and butter. Arrange in layers in greased baking dish first crumbs, then apples, having crumbs for top layer. Dot with additional butter and bake in moderate oven (350° F.) about three-quarters of an hour. Serve with light cream. Serves 4–6.

COTTAGE PUDDING

¼ cup shortening
¾ cup sugar
1 egg
2 cups flour
2 teaspoons Rumford Baking Powder
⅓ teaspoon salt
1 cup milk

Cream shortening, gradually adding sugar, then beaten egg. Sift and add flour, baking powder and salt alternately with milk. Turn into shallow greased dish and bake about half an hour in moderately hot oven (375° F.). Serve hot with any preferred sweet sauce. Serves 6.

RICE CREAM

1 envelope gelatine
1 quart milk
½ cup rice
3 tablespoons sugar
1 teaspoon vanilla
1 cup whipped cream

Soften gelatine in ½ cup of the milk. Scald remaining milk in double boiler, add rice and sugar and cook until rice is tender — about-three quarters of an hour. Add softened gelatine and vanilla and stir gently until gelatine is dissolved. Cool and when almost at setting point fold in whipped cream. Turn into a wet mold, chill thoroughly, unmold and serve with fresh or cooked fruit. Serves 6.

BAVARIAN CREAM

1 envelope gelatine
¼ cup cold water
1 cup milk
3 eggs
⅓ cup sugar
½ cup whipped cream
1 teaspoon vanilla

Soften gelatine in cold water. Scald milk and pour it over egg yolks beaten until light with sugar. Return to double boiler, add gelatine and cook, stirring constantly, until custard thickens and coats back of spoon. Cool, fold in whipped cream flavored with vanilla and finally the egg whites beaten stiff. Turn into a wet mold and chill. Serve with light cream, whipped cream or chocolate sauce. Serves 4–6.

COFFEE BAVARIAN CREAM

Substitute double strength coffee for ½ the milk in above recipe.

CHOCOLATE BAVARIAN CREAM

Add 1 square (1 ounce) unsweetened chocolate to milk used in preparing custard.

PEACH CREAM

1 quart peaches
1 cup water
⅔ cup sugar
2 envelopes gelatine
¼ cup cold water
1 cup whipped cream

Peel peaches and cook until tender with water and sugar; press through sieve. Soften gelatine in the ¼ cup cold water, dissolve over boiling water and add to peaches. Cool and when almost at setting point fold in whipped cream, flavoring if desired with a few drops almond extract. Turn into wet mold, chill, unmold and serve plain or with additional sliced peaches.

Canned peaches may be used in place of fresh, in which case use sirup in can in place of sugar and water. Serves 6.

BAKED INDIAN PUDDING

5 cups milk
⅓ cup cornmeal
½ cup molasses
⅔ teaspoon salt
1 teaspoon ground ginger or ginger and cinnamon mixed

Scald 4 cups of milk, pour slowly over cornmeal, return to double boiler and cook 20 minutes, stirring constantly. Add molasses, salt and spices; turn into buttered baking dish and pour remaining cup of milk over top. Bake two to three hours in slow oven (325° F.). Serve with light cream. Serves 6.

Sweet Sauces

CRANBERRY SAUCE

1½ cups sugar **2 cups water** **4 cups cranberries**

Boil sugar and water together five minutes. Add cranberries and boil without stirring until all the skins pop open; five minutes is usually sufficient. Remove from fire and allow sauce to remain in the vessel until cool.

MOLDED CRANBERRY SAUCE

4 cups cranberries **2 cups water** **2 cups sugar**

Cook cranberries and water until all the skins pop open. Strain, add sugar and blend. Boil rapidly for eight to ten minutes, or until a drop jells on a cold plate (220° F.). Turn into a wet mold and chill.

APPLE SAUCE (Plain)

Wash, pare, core and cut apples into eighths. Add just enough water to keep from burning, cover and cook very slowly until tender, then add sugar to taste (depending on tartness of apples) and continue cooking just until sugar is dissolved.

STRAINED APPLE SAUCE

Wash and cut up apples without paring. Cook, covered, until tender with just enough water to keep from burning; press through sieve. Add sugar and cook just until dissolved.

An inch stick of cinnamon, a little thinly pared lemon or orange rind or a slight grating of nutmeg may be added to either sauce while cooking.

CINNAMON APPLE SAUCE

Cook two or three tablespoons red cinnamon candy with apples, and slightly reduce the amount of sugar used.

NOTE: One teaspoon of Rumford Baking Powder added to a quart of apple sauce neutralizes the acid, making less sugar necessary.

CUSTARD SAUCE

1 cup milk
2 egg yolks
2 tablespoons sugar
⅛ teaspoon salt
¼ teaspoon vanilla

Scald milk over hot water. Beat egg yolks, sugar and salt, pour milk slowly over them, then return to double boiler and cook, stirring constantly, about five minutes or until custard is thick enough to coat the spoon. Cool and add vanilla.

LEMON SAUCE

1 cup boiling water
4 tablespoons sugar
2 tablespoons cornstarch
2 tablespoons butter
2 tablespoons lemon juice
Slight grating lemon rind

Bring water and sugar to boiling point, add cornstarch moistened with a little cold water, stirring while adding. Cook three minutes, add butter, lemon juice and rind.

MAPLE SAUCE

2 egg yolks
⅔ cup hot maple syrup
½ cup whipped cream
Pinch of salt

Beat yolks of eggs well and pour hot syrup over them. Cook in a double boiler until of the consistency of thin custard Chill and fold in salt and whipped cream just before serving.

WINE SAUCE

½ cup butter
½ cup sugar
½ cup cream
¼ cup sherry

Cream butter and sugar until very light. Add cream, then set bowl over hot water and beat with rotary beater until light and fluffy. Add wine slowly and serve at once.

For *Brandy Sauce* substitute brandy for sherry.

FOAMY SAUCE

3 tablespoons apricot marmalade or peach preserve
Juice of 1 lemon
1 cup boiling water
2 tablespoons cornstarch
2 tablespoons cold water
1 egg white
Sugar if required

Put preserve, lemon juice and water into a saucepan and bring to boiling point, adding a little sugar if needed; stir in cornstarch moistened with cold water. Cook five minutes and pour over stiffly-beaten egg white, stirring constantly while pouring. Serve immediately.

HOT FUDGE SAUCE

1½ squares (ounces) unsweetened chocolate
1 cup milk
1 cup sugar
⅛ teaspoon salt
2 tablespoons corn syrup
½ teaspoon vanilla

Combine chocolate and milk, place over low heat, bring to boiling point and cook until smooth, stirring constantly. Add sugar, salt and syrup and stir until sugar is dissolved; continue boiling gently, without stirring, until quite thick (220° F.). Add vanilla.

HARD SAUCE

⅓ cup butter
1 cup powdered sugar
2 tablespoons boiling water
⅔ teaspoon vanilla

Cream butter as for cake, gradually add sugar and water. When very light and fluffy add vanilla and chill. If desired the vanilla may be omitted and a little nutmeg grated over sauce in serving dish.

NOTE: The addition of water makes the sauce lighter and lessens the labor of beating.

BUTTERSCOTCH SAUCE

½ cup light brown sugar
⅔ cup corn syrup
3 tablespoons butter
½ cup light cream or evaporated milk
½ teaspoon vanilla

Boil sugar, syrup and butter together for five minutes, stirring until sugar is dissolved. Add cream or milk and again bring to boiling point. Add vanilla and serve hot or cold.

PASTRY

In making pastry the best results are attained by having all the ingredients well chilled and by handling as little as possible. Richness in any pastry depends on the amount of fat (shortening) used in it; lightness is governed by the air inclosed and the expansion of that air in baking.

For ordinary pastry any preferred shortening, lard or vegetable, may be used, but butter is essential for puff pastry. The shortening may be rubbed in lightly with the fingers or cut in with a pastry blender or with two knives.

Use either all-purpose or cake or pastry flour, as preferred. Always sift flour before measuring, then sift again with the other dry ingredients.

ECONOMY TIP

It is often desirable to have pastry that is light, flaky and tender *without being too rich*, and this result can be attained by the addition of a little Rumford Baking Powder with a reduction in the amount of shortening used. *Where a rule calls for one and one-half cups of flour and two-thirds of a cup of any preferred shortening, the housekeeper may take half a cup of shortening and a teaspoon of Rumford Baking Powder to the cup and a half of flour, and have equally good results as to appearance and flavor, at much less cost.*

All pastry is better if chilled before baking.

In making fruit pies sprinkle the sugar among the fruit, not on top, as this is apt to make the crust soggy. With very juicy fruits sprinkle 1½ to 2 tablespoons quick-cooking tapioca in with the sugar to absorb excess juice and thus prevent boiling over in the oven.

STANDARD SHORT PASTRY or PIE CRUST

2 cups flour
⅔ teaspoon salt
¾ to 1 cup shortening
Ice water

Sift together flour and salt, work in shortening, mix to a dough with the water and roll out once on a floured board. If possible chill before using.

One pie crust or pastry recipe using 2 cups flour will make one double-crust nine-inch pie, or nine tartlet shells.

FIVE-MINUTE PASTRY

2 cups flour
⅔ teaspoon salt
1 teaspoon Rumford Baking Powder
⅔ cup shortening
1 egg yolk
¼ cup ice water (about)

Sift together flour, salt and baking powder. Cream shortening in a bowl as for cake. As soon as it is light and fluffy add the sifted dry ingredients, mixing in with a knife, not touching at all with the hands. Beat egg yolk, combine with ice water and use to moisten pastry. Roll out once on floured board.

BOILING WATER PASTRY

⅔ cup shortening
⅓ cup boiling water
2 cups flour
½ teaspoon salt
½ teaspoon Rumford Baking Powder

Pour boiling water over shortening in mixing bowl and beat with fork until creamy. Add sifted dry ingredients and blend thoroughly. Chill before rolling. If convenient the pastry should be made the day before it is to be used.

FLAKY PASTRY

2 cups flour
⅔ teaspoon salt
¾ to 1 cup shortening
Ice water

Sift flour and salt together into a bowl and work in shortening with blender or two knives. Add water to form a dough, cutting and mixing all thoroughly while adding water. Roll out on floured board, rolling only lengthwise, and keeping the edges straight; fold evenly into three layers (lengthwise as a sheet of paper would be folded to fit a business envelope),

turn it half around and roll again. Repeat the folding and rolling twice, and chill the pastry if possible before baking. It is the folding and rolling that produce the flakiness.

GRAHAM CRACKER CRUST

1½ cups finely crushed graham crackers
¼ to ½ cup sugar
½ cup melted butter

Stir sugar and butter into crumbs, blending thoroughly; press mixture evenly over surface of a nine inch pie plate. Chill thoroughly. With a meringue-topped pie this crust will bake while the meringue is cooking, otherwise bake in a moderate oven (350° F.) 10–15 minutes and cool before filling.

Suggested fillings are: sweetened fresh fruit or stewed dried apricots, whipped cream topping; apple sauce, meringue or whipped cream topping; orange or lemon filling, meringue topping.

PUFF PASTE

2 cups cake or pastry flour
1 teaspoon salt
1 egg yolk
1 tablespoon lemon juice
⅔ cup ice water (about)
1 cup butter

Sift flour and salt and moisten to a firm dough with beaten egg yolk combined with lemon juice and water. Turn onto floured board, knead until smooth, and roll into oblong sheet. Wash butter (see footnote) and press into a flat cake about half as large as the dough. Lay it on the dough (at one end) and fold the other end of dough over it enclosing it like the fruit in a turnover. Press edges together well, roll out and fold into three layers (see Flaky Pastry). Chill and repeat lifting and folding until the paste has been rolled seven times, chilling between rollings when necessary. Bake in a hot oven (450° F.). If possible make Puff Paste the day before it is to be used and chill overnight.

(To wash butter, press and work it in a bowl of cold water to extract salt and any buttermilk remaining in it. Press between folds of a damp towel and chill before using.)

TO BAKE PASTRY SHELLS (Unfilled)

1. Line pie plate with pastry and prick thoroughly with fork.

2. Line pie plate with pastry, lay sheet of waxed paper on this and partly fill with uncooked rice or dry beans, removing after first few minutes of baking.

3. Place second pie plate on pastry shell in its pan, weighting it down if necessary and removing when pastry is set.

4. Follow #3 except press pastry over inverted pan and cover with second pie plate during first part of baking.

Bake in hot oven (450° F.) 15–20 minutes.

For Tartlet Shells bake over inverted tartlet or muffin pans, or proceed as in #2 using small pans. Bake in hot oven (450° F.) about 12 minutes.

APPLE PIE

Standard pie crust
5 or 6 tart apples
¾ cup sugar
Grated lemon rind, cinnamon or nutmeg

Line pie plate with thinly rolled out pie crust and place in it half the apples, pared, cored and cut into chunky pieces. Sprinkle with blended sugar and flavoring and top with remaining apples. Juicy apples will probably require no water; with very dry ones, one or two tablespoons may be added. Wet edges of pastry, cover with top crust and cut two or three gashes in it to allow for escape of steam. Bake in hot oven (450° F.) 10 minutes, then reduce to 350° F. and bake about 30 minutes longer.

For *Cheese Crust* for Apple Pie sprinkle 2 tablespoons grated cheese into top crust before rolling, or sprinkle cheese over top of pie when partly baked. Makes one 9-inch pie.

BERRY PIE

Line pie plate with any preferred pastry, partly fill with berries, carefully picked over and washed, sweeten and add remaining berries. Cover with top crust and bake as Apple Pie. With very juicy berries add with sugar 1½ to 2 tablespoons quick-cooking tapioca. Makes one 9-inch pie.

LATTICED PIES

Line pie plate with any preferred pastry, fill with cold, cooked, sweetened, well-drained fruit, fresh or dried; or with well-drained canned fruit. Arrange strips of pastry lattice-fashion over top, moistening tips of each strip that they may adhere to the under crust. The fruit being cooked, means that the pie will bake in about two-thirds the time of a double crust raw fruit filled pie.

MINCE PIE FILLING

1 pound currants
1 pound seeded raisins
1 pound beef suet
½ pound candied orange peel and citron
2 pounds peeled, cored and chopped apples
Grated rind of 2 lemons
1 pound sugar
1 tablespoon salt
1 tablespoon mixed ground spices
1 cup brandy or grape juice

Wash and dry currants, quarter raisins and finely chop suet and peel. Combine and add remaining ingredients. Stir and mix very thoroughly. Keep at least a week to ripen and mellow before using. Makes about 3 quarts.

CRANBERRY RAISIN PIE

1½ cups cranberries
1 cup seeded raisins
¾ cup sugar
½ cup water
1 tablespoon quick-cooking tapioca
Pastry

Chop cranberries coarsely and combine with raisins, sugar, water and tapioca. Cook ten minutes, stirring constantly. Cool and bake between two crusts in a hot oven (450° F.) for 10 minutes, then reduce to 350° F. and bake about 20 minutes longer. If preferred bake as a lattice pie. Makes one 9-inch pie.

PUMPKIN PIE

2 cups sifted cooked pumpkin
1 cup brown sugar
½ teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon ground ginger
2 cups milk
2 eggs
Pastry (half recipe)

Combine pumpkin, sugar, salt and spices; mix thoroughly, add milk and beaten eggs. Turn into pastry-lined pie plate and bake until set in moderately hot oven (450° F.) for ten minutes, then reduce to 350° F. and bake 30 to 35 minutes longer. Makes one 9-inch pie.

LEMON MERINGUE PIE

½ cup flour
1¼ cups sugar
⅛ teaspoon salt
3 egg yolks
1½ cups water
1½ teaspoons grated lemon rind
⅓ cup lemon juice
3 tablespoons sugar, additional
Previously baked pastry shell

Combine flour, sugar and salt in upper part of double boiler. Beat egg yolks until light and add with water to dry ingredients. Cook ten minutes over hot water, stirring constantly. Add lemon rind and juice, cool and turn into previously baked pastry shell. Top with meringue made by beating the egg whites until foamy, adding sugar (additional) a little at a time, continuing the beating. When very stiff pile lightly on the filling and bake in moderate oven (350° F.) about 15 minutes — until set and delicately colored. The reason so many meringues are failures is because they are baked in too hot an oven and consequently browned before the white of the egg has had time to set all the way through.

One-half teaspoon Rumford Baking Powder added to meringue with the sugar improves both consistency and texture. Makes one 9-inch pie.

CHOCOLATE CHIFFON PIE

1 envelope gelatine
2 cups milk
2 squares (ounces) unsweetened chocolate
⅔ cup sugar
3 eggs
⅛ teaspoon salt
1 teaspoon vanilla
Previously baked pastry shell

Soften gelatine in ¼ cup of the milk. Melt chocolate in upper part of double boiler, add remaining milk and ½ cup of the sugar and cook, over hot water, five minutes. Beat egg yolks, pour a little of the hot mixture over them, stirring while

pouring, return to double boiler, add salt and cook a moment longer. Remove from fire, add vanilla and softened gelatine and stir until dissolved. Cool, fold in egg whites beaten stiff with remaining sugar. Turn into previously baked pastry shell and chill. Serve plain or top with whipped cream. Makes one 9-inch pie.

PECAN PIE

2 tablespoons butter
½ cup brown sugar
2 eggs
2 tablespoons flour
¼ teaspoon salt
½ teaspoon vanilla
1 cup dark corn syrup
1½ cups broken pecans
Pastry (half recipe)

Cream butter and sugar until light, add eggs, well beaten, then flour, salt, vanilla, syrup and pecans. Turn into previously lined pie plate and bake in hot oven (450° F.) for ten minutes, then reduce to 350° F. for about 25 minutes longer.

If preferred bake as tartlets. Makes one 9-inch pie.

CUSTARD PIE

4 eggs
½ cup sugar
3 cups milk
⅛ teaspoon salt
Slight grating nutmeg or
½ teaspoon vanilla
Any preferred pastry (half recipe)

Beat egg yolks until light, add sugar, milk, salt and vanilla, if used. Strain into pie plate lined with pastry. If nutmeg is used, grate it over surface. Bake in hot oven (450° F.) for ten minutes, then reduce to 350° F. and bake about 30 minutes longer. Test by inserting blade of knife, it should come out clean. Makes one 9-inch pie.

COCONUT CUSTARD PIE

Add ⅔ cup shredded coconut to strained custard mixture.

DEEP DISH FRUIT "TART"

Fresh fruit — apples, plums, gooseberries, currants, raspberries, etc.
Sugar
Short or Flaky Pastry (half recipe)

Prepare fruit by peeling, pitting or stemming according to its needs. Place with sugar in a deep baking dish and add a little water to make juice, the quantity depending on the fruit used. Roll pastry thinly and cover the fruit with it, wetting the edge of the dish to make pastry adhere. Bake in hot oven (450° F.) for 10 minutes, then reduce to 350° F. for about 20 minutes or until fruit is tender. Serve hot or cold with or without cream or custard.

PEACH PUFF PIE

⅓ cup butter
1 cup sugar
2 eggs, beaten
½ teaspoon grated lemon rind
1 cup flour
1 teaspoon Rumford Baking Powder
¼ teaspoon salt
2 tablespoons milk
Any preferred pastry (half recipe)
2 cups sliced peeled peaches

Cream butter with half the sugar, add beaten eggs gradually and lemon rind; add flour, salt and baking powder sifted together alternately with milk. Line a pie plate with pastry, put peaches into it with remaining sugar, then spread batter over all and bake in moderately hot oven (375° F.) for 20 minutes, then reduce to 350° F. for a further 20 minutes.

If desired canned peaches may be substituted for fresh, in which case omit the sugar sprinkling. Makes one 9-inch pie.

COTTAGE CHEESE CAKES

1½ cups cottage cheese
3 tablespoons cream
Grated rind 1 lemon
3 eggs
½ cup sugar
Flaky pastry

Beat cheese and cream together with fork until smooth. Add lemon rind and eggs beaten until very light with sugar. Line small tins with pastry, put a generous spoonful of the cheese mixture into each and bake about 20 minutes, having oven hot (400° F.) for first ten minutes, then reducing to 350° F. to complete cooking. Makes 9 cakes.

If preferred bake as one pie in which case bake about 30–35 minutes.

PUFF PASTE PATTY SHELLS

Roll out Puff Paste about one-fourth inch thick and cut into rounds. With a cutter several sizes smaller stamp centers from half of these. Place the rings thus formed on the whole rounds, first wetting the edges that the rings may adhere. Chill thoroughly, then bake in very hot oven (450–500° F.) 5–8 minutes, or until paste is thoroughly risen, after which reduce to 350° F. and bake about 15 minutes longer. About 1 dozen shells.

LEMON CHEESE CAKES

⅓ cup butter
½ cup sugar
3 eggs, beaten
Puff paste patty shells
Grated rind and strained juice 2 lemons

Combine butter, sugar, lemon rind and juice in upper part of double boiler and place over hot water. When thoroughly heated, add beaten eggs and cook, stirring constantly, until mixture thickens. When cold place a spoonful in each patty shell.

This mixture keeps well and may also be used as a sandwich or cake filling. About 1 dozen.

BOILED PUDDINGS WITH SUET CRUST

2 cups flour
1 teaspoon salt
2 teaspoons Rumford Baking Powder
⅔ cup finely chopped beef suet
Ice water
Fruit or meat filling

Sift flour, salt and baking powder, add suet and mix to a firm dough with ice water. Roll out thinly on a floured board and use to line a well-greased bowl. Fill with fruit sweetened to taste, adding a little water to make juice. Gather excess dough over top, moistening edges that they may adhere. Steam three hours.

For a meat pudding substitute uncooked meat, well seasoned and cut in small pieces, for the fruit. A little opening may be cut in the top crust after the pudding is turned out for serving and ⅔ cup boiling water poured in to form additional gravy. Serves 4–6.

PLAIN DUMPLINGS

1½ cups flour
½ teaspoon salt
1½ teaspoons Rumford Baking Powder
About ⅔ cup milk

Sift flour, salt and baking powder. Mix thoroughly but quickly with milk and drop by small tablespoonfuls into hot stew gravy. Cover closely and cook 12–15 minutes without removing lid from saucepan. Serves 6.

EGG DUMPLINGS

1 cup flour
⅓ teaspoon salt
About 3 tablespoons milk
1 teaspoon Rumford Baking Powder
1 egg

Sift flour, salt and baking powder, then mix thoroughly but quickly with beaten egg and milk. Drop by tablespoonfuls into hot stew gravy, cover and cook 12–15 minutes without removing lid from saucepan. Serves 4.

If desired one tablespoon melted shortening may be added with the liquid to either of the above dumplings.

BAKED APPLE or PEACH DUMPLINGS

Cut Short or Flaky Pastry into five-inch squares. Peel and core apples or peel and pit peaches. Place in center of pastry, fill cavities with sugar, add a dot of butter and a tiny pinch of cinnamon or nutmeg, if desired. Wet edges of pastry and draw opposite corners together over fruit. Place on baking sheet and bake in hot oven (450° F.) 10 minutes, then reduce to 350° F. and bake until fruit is tender — 20–30 minutes. Serve with hard or liquid sauce. Makes about 6 dumplings.

LOBSTER PATTIES

1 cup diced lobster meat
1 teaspoon lemon juice
Slight grating of nutmeg
Salt and pepper
1 cup cream sauce
1 egg yolk, beaten
Puff paste patty shells

Add lobster and seasonings to cream sauce. Heat thoroughly and just before serving add beaten egg yolk. Use to fill hot patty shells. Makes 6 patties.

OYSTER PATTIES

3 tablespoons butter
3 tablespoons flour
½ cup cream
½ cup oyster liquor
1 teaspoon lemon juice
Salt and pepper
1 cup solid oysters
Puff paste patty shells

Blend butter and flour in saucepan, add cream and oyster liquor, stir until boiling, then simmer five minutes. Pick over oysters carefully, scald in their own liquor, and add to hot sauce, together with seasonings. Bring almost to boiling point and use to fill hot patty shells. Makes 6 patties.

CHICKEN PATTIES

Prepare the same as for Oyster Patties, substituting chicken liquor for oyster liquor, and diced chicken for the oysters. A little grated lemon rind may also be substituted for the lemon juice.

BISCUITS, MUFFINS, HOT BREADS, ETC.

Always Sift Flour before Measuring
All Measurements Are Level

In making "quick" breads (raised with Rumford Baking Powder) always sift baking powder with dry ingredients to insure thorough incorporation and perfect mixing. In making baking powder biscuits, always add enough liquid to make a very soft dough, as this is one of the first requirements for good biscuits. Have the liquid cold, and mix with a spatula in preference to handling it with either a spoon or the hand, because the steel knife blade is cold, and cuts and mixes more thoroughly. The less baking powder biscuits are handled, the better. If placed a little apart in the pan they will be lighter and more crusty.

Always add liquid to dry ingredients to mix more smoothly. The smaller the biscuits and muffins, the hotter the oven may be. For a brown crust, brush over with milk before baking; for a tender crust, brush with melted butter.

Gems and muffins will be lighter and crisper if baked in pans that are hissing hot before the batter is placed in them.

RUMFORD BAKING POWDER BISCUITS

2 cups sifted flour
½ teaspoon salt
3 teaspoons Rumford Baking Powder
2 tablespoons shortening
Milk or milk and water to mix (about ¾ cup)

Sift together flour, salt and baking powder; cut or work in shortening until thoroughly blended with flour. Using a spatula, mix to a very soft dough with milk, or milk and water, always having this as cold as possible. Turn onto a well-floured board, and roll out or pat with the hand about three-quarters of an inch thick. Cut into biscuits and lay them,

not touching each other, on a baking pan. Bake in a hot oven (450° F.) 12–14 minutes. Makes 14–16 biscuits.

The chief requirements for good biscuits are: 1. A very soft dough, so soft as to be almost sticky; 2. Very little handling, as much manipulation destroys their lightness; 3. A very quick oven. If biscuits are not allowed to touch each other in the pan, they will be lighter and more delicate than when placed close together.

RUMFORD BISCUIT FOR SHORTCAKE

2 cups sifted flour
½ teaspoon salt
4 tablespoons shortening
3 teaspoons Rumford Baking Powder
¾ cup milk

Sift together flour, salt and baking powder, cut or work in the shortening and mix to a soft dough with milk, having this as cold as possible. Turn onto a well-floured board, divide into two portions, work just until smooth, then roll out or pat with the hand into two flat round cakes about half an inch thick. Brush surface with softened butter, place one on top of the other and bake in hot oven (450° F.) about 20 minutes.

For *Strawberry Shortcake* separate biscuit layers with a fork, spread with butter, put crushed sweetened strawberries between and on top of layers and serve with or without plain or whipped cream.

For *Peach Shortcake* prepare fruit by peeling, slicing and sweetening, then follow directions for Strawberry Shortcake.

For *Rumford Individual Biscuit Shortcakes* roll out dough, cut with biscuit cutter, brush over with softened butter and top with second round of dough as with large shortcake. Bake in hot oven (450° F.) 12–14 minutes and fill as directed. Serves 6.

WHOLE WHEAT, GRAHAM or RYE BISCUITS

2 cups whole wheat, graham or rye flour
½ teaspoon salt
3 teaspoons Rumford Baking Powder
2 tablespoons shortening
1 cup milk (scant)

Blend together flour, salt and baking powder, cut or work in shortening and mix to a light dough with milk. Roll out on floured board, cut into biscuits and bake in hot oven (450° F.) about 15 minutes. Coarser flours are not to be sifted. Makes 14–16 biscuits.

DROP BISCUITS

Follow recipe for Rumford Baking Powder Biscuits using an additional ¼ cup of liquid to mix, then drop by tablespoonfuls onto a slightly greased baking sheet and bake as directed.

CHEESE BISCUITS

Follow recipe for Rumford Baking Powder Biscuits adding ½ cup grated cheese to the dry ingredients. Brush tops of biscuits with melted butter, sprinkle with grated cheese and bake as directed.

ORANGE TEA BISCUITS

Follow recipe for Rumford Baking Powder Biscuits sprinkling each biscuit with grated orange rind and pressing into the top a small lump of sugar first dipped into orange juice. Bake as directed.

MAPLE ROLLS or ROLL-EM-UPS

2 cups sifted flour
½ teaspoon salt
3 teaspoons Rumford Baking Powder
3 tablespoons butter
1 egg
⅔ cup milk
¾ cup crushed maple sugar
Softened butter, additional

Sift together flour, salt and baking powder, work in butter and mix to a soft dough with beaten egg and milk. Roll half an inch thick on floured board, spread with softened butter and sprinkle with maple sugar. Roll up like a jelly roll, press edges close together and cut with sharp knife into three-fourths inch slices. Lay cut side down on greased pan and bake in hot oven (400–425° F.) about 15 minutes.

¾ cup brown sugar mixed with ½ teaspoon ground cinnamon may be used in place of maple sugar. Makes 12 rolls.

QUICK PARKER HOUSE ROLLS

2 cups sifted flour
½ teaspoon salt
3 teaspoons Rumford Baking Powder
2 teaspoons sugar
2 tablespoons shortening
⅔ cup milk
Softened butter, additional

Mix as for Rumford Baking Powder Biscuits. Turn onto floured board, knead slightly, roll out one-third inch thick, cut with large biscuit cutter and crease in center with dull edge of knife. Brush with softened butter and fold over. Place a little apart on greased baking sheet and bake in hot oven (450° F.) 12–15 minutes. Makes about 1 dozen rolls.

QUICK COFFEE CAKE

¼ cup shortening
⅓ cup sugar
1 egg, well beaten
⅔ cup halved seeded raisins
2½ cups sifted flour
½ teaspoon salt
2½ teaspoons Rumford Baking Powder
1 cup milk
Melted shortening

Cream shortening and sugar, add egg and raisins, and the sifted dry ingredients alternately with the milk. Mix thoroughly, turn into shallow well-greased baking pan, brush with melted shortening and sprinkle with crumb topping. Bake in moderately hot oven (375° F.) about 25 minutes.

For the Crumb Topping work together with the fingers ½ cup flour, ½ cup sugar, 2 tablespoons butter and 1 teaspoon ground cinnamon. Serves 6.

HUCKLEBERRY BREAKFAST CAKE

½ cup shortening
1 cup sugar
2 eggs, separated
2 cups flour
Pinch of salt
2 teaspoons Rumford Baking Powder
½ teaspoon grated nutmeg
½ teaspoon ground cinnamon
1 cup milk (scant)
2 cups huckleberries

Cream shortening and sugar until light, add beaten egg yolks, then sifted dry ingredients alternately with milk. Stir

in berries and fold in stiffly beaten egg whites. Turn into shallow greased baking pan and bake in moderately hot oven (375° F.) about 25 minutes. Serves 6.

STANDARD RUMFORD MUFFINS

2 cups sifted flour
½ teaspoon salt
3 teaspoons Rumford Baking Powder
3 tablespoons sugar
1 egg, beaten
1 cup milk
3 tablespoons melted shortening

Sift together flour, salt, baking powder and sugar. Combine egg, milk and shortening, add to first mixture and stir only enough to blend ingredients thoroughly. Turn into well-greased muffin pans and bake in hot oven (400–425° F.) 20–25 minutes. Makes about 1 dozen.

Variations

CEREAL MUFFINS

Follow recipe for Standard Rumford Muffins adding to dry ingredients 1 cup flaked cereal and slightly increasing amount of liquid used.

FRUIT MUFFINS

Follow recipe for Standard Rumford Muffins adding to dry ingredients 1 cup huckleberries or blueberries.

HAM or BACON MUFFINS

Follow recipe for Standard Rumford Muffins omitting sugar and adding ½ cup diced cooked ham or bacon.

RAISIN BRAN MUFFINS

1 cup sifted flour
½ teaspoon salt
3½ teaspoons Rumford Baking Powder
1 cup bran
3 tablespoons brown sugar
⅔ cup halved seeded raisins
1 egg
1 cup milk
3 tablespoons melted shortening

Sift together flour, salt and baking powder, add bran, sugar and raisins and moisten with beaten egg, milk and melted

shortening. Stir only enough to thoroughly blend, turn into well-greased muffin pans and bake in hot oven (400–425° F.) 20–25 minutes. Makes 1 dozen.

CORN MUFFINS

1½ cups sifted flour
⅔ teaspoon salt
2½ teaspoons Rumford Baking Powder
2 tablespoons sugar
¾ cup yellow corn meal
2 eggs, beaten
1 cup milk
¼ cup melted shortening

Sift together flour, salt, baking powder and sugar. Add corn meal and mix well. Combine eggs, milk and shortening and add to first mixture. Stir only enough to thoroughly blend, turn into hot well-greased muffin pans and bake in hot oven (400–425° F.) 20–25 minutes. This mixture may also be baked in well-greased bread stick pans. Makes 1 dozen.

GRAHAM or WHOLE WHEAT GEMS

1 cup sifted flour
½ teaspoon salt
3 teaspoons Rumford Baking Powder
⅓ cup sugar
1 cup graham or whole wheat flour
1 egg, beaten
1 cup milk
3 tablespoons melted shortening

Sift flour, salt, baking powder and sugar; add graham or whole wheat flour. Combine egg with milk and melted shortening and add to first mixture stirring only enough to thoroughly blend ingredients. Turn into hot greased gem pans and bake in hot oven (400–425° F.) 20–25 minutes. Makes 1 dozen.

DATE GEMS

2 cups sifted flour
½ teaspoon salt
3 teaspoons Rumford Baking Powder
3 tablespoons sugar
1 cup chopped pitted dates
1 egg, beaten
1 cup milk
⅓ cup melted shortening

Sift flour, salt, baking powder and sugar, add dates and mix to a batter with egg, milk and melted shortening. Bake

in hot greased gem pans in hot oven (400–425° F.) 20–25 minutes. Makes 1 dozen.

POPOVERS

1 cup sifted flour
½ teaspoon salt
2 eggs, well beaten
1 cup milk

Sift flour and salt; add eggs and milk. Beat hard with a rotary beater for two minutes, then pour at once into hissing hot gem pans and bake 30–35 minutes, beginning with a hot oven (450° F.) and reducing to 350° F. as popovers rise and brown. Makes 6–8 popovers.

HOT CROSS BUNS

4 cups sifted flour
⅓ teaspoon salt
½ teaspoon ground cinnamon
⅔ cup currants and raisins mixed
¼ cup shortening
⅓ cup sugar
½ yeast cake
¼ cup lukewarm water
1 cup milk
1 egg, slightly beaten

Sift flour, salt and cinnamon into large bowl and add currants and raisins. Scald milk with shortening and sugar, cool to lukewarm. Soften yeast in the water and add to milk with egg. Pour into a hollow made in the dry ingredients, mix to a dough, knead as for bread and let rise in a warm place free from drafts until very light. Divide into portions as for rolls, work lightly with the fingers until smooth, flatten slightly with rolling pin and place on a greased baking sheet a little distance apart. Let rise until very light, mark a cross on top of each with handle of a knife dipped into flour. Bake in hot oven (400° F.) 15–20 minutes. When almost done brush over with milk or egg white, sprinkle with sugar and return to oven for a moment. If preferred the cross may be made after baking with a sugar and water frosting. Makes 12–16 buns.

RUMFORD WHOLE WHEAT BREAD

2 cups whole wheat flour
½ teaspoon salt
3 teaspoons Rumford Baking Powder
2 teaspoons sugar, optional
Milk or milk and water to mix to a light, soft dough (about 1 cup)

Combine flour, salt, baking powder and sugar, if used. Mix to a dough with milk or milk and water, using a spatula for the mixing. When smooth turn into a greased loaf pan and cover with another pan inverted, unless a double sandwich pan is used, in which case fill the lower section of pan. Let stand ten minutes. Bake in moderately hot oven (375° F.) about 45 minutes. Makes 1 loaf.

SOUTHERN EGG BREAD

2 cups white corn meal
1 teaspoon salt
3 teaspoons Rumford Baking Powder
3 eggs, well beaten
1 tablespoon melted shortening
1½ cups milk
1 cup cold boiled rice

Combine corn meal, salt and baking powder; add eggs, melted shortening, milk and rice. Beat thoroughly, pour into a shallow, well-greased pan and bake in hot oven (400° F.) about 30 minutes. Serves 6.

QUICK RAISIN NUT BREAD

3 cups sifted flour
4 teaspoons Rumford Baking Powder
1 teaspoon salt
¾ cup sugar
½ cup chopped raisins
½ cup chopped nut meats
1 large egg
1½ cups milk
2 tablespoons melted shortening

Sift together flour, baking powder, salt and sugar. Add raisins and nut meats. Beat egg well; add milk. Stir into dry ingredients, mixing until smooth. Add cooled shortening. Pour into greased loaf pan (10 × 5 in.). Bake in moderate oven (350° F.) 1¼ hours. Cool in pan on wire rack; remove from pan. (This bread slices best after 24 hours.)

ORANGE SANDWICH BREAD

¼ cup shortening
1 cup sugar
1 egg
3 cups sifted flour
4 teaspoons Rumford Baking Powder
½ teaspoon baking soda
1 teaspoon salt
½ cup milk
½ cup orange juice
1 teaspoon grated orange rind
½ cup chopped nut meats

Cream together shortening and sugar. Beat egg; add. Sift together flour, baking powder, baking soda and salt. Add alternately to creamed mixture with milk and orange juice. Add orange rind and nut meats. Pour into greased loaf pan (10 × 5 in.). Bake in moderate oven (350° F.) 1¼ hours. Cool in pan on wire rack; remove from pan. (This bread slices best after 24 hours.)

VIRGINIA SPOON or BATTER BREAD

2 cups milk
1 cup corn meal
1 teaspoon salt
1 tablespoon sugar
2 tablespoons shortening
3 eggs, separated
2 teaspoons Rumford Baking Powder

Scald milk, sift in corn meal and cook until thickened. Add salt, sugar, shortening and beaten egg yolks. When thoroughly blended add the baking powder and fold in the stiffly beaten egg whites. Turn into a well-greased baking dish and bake in hot oven (400° F.) 20–25 minutes. Serve with a spoon, from dish in which it was cooked. Serves 6.

CORN BREAD

¾ cup sifted flour
1 teaspoon salt
3 teaspoons Rumford Baking Powder
3 tablespoons sugar, optional
1½ cups yellow corn meal
2 eggs, beaten
1½ cups milk
¼ cup shortening, melted

Sift flour, salt, baking powder and sugar, if used, and add corn meal. Combine eggs with milk and shortening and use

to moisten dry ingredients. Turn into a shallow, well-greased pan and bake in hot oven (400° F.) about half an hour. Serves 6.

SALLY LUNN

2 cups sifted flour
½ teaspoon salt
3 teaspoons Rumford Baking Powder
3 tablespoons sugar
2 eggs, separated
¾ cup milk
¼ cup melted shortening

Sift together flour, salt, baking powder and sugar. Beat egg yolks, combine with milk and use with shortening to moisten dry ingredients. Fold in stiffly beaten egg whites and bake in shallow, well-greased pan in moderately hot oven (375° F.) about 30 minutes. Serves 6.

STEAMED BROWN BREAD

1½ cups whole wheat or Graham flour
¾ cup yellow corn meal
½ teaspoon salt
2 teaspoons Rumford Baking Powder
½ teaspoon baking soda
½ cup halved seeded raisins
¼ cup molasses
1⅓ cups milk

Combine all dry ingredients, add raisins and moisten with molasses and milk. Turn into two well-greased tins, cover closely (greasing covers also), place in pan containing enough boiling water to come halfway up sides of tins and steam three hours, adding more water as needed. If desired place loaves in moderately hot oven (375° F.) for about ten minutes after steaming to make a dry crust. Makes 2 loaves.

YEAST BREAD

1 compressed yeast cake
1 cup lukewarm water
3 cups lukewarm liquid — water, milk or part of each
4 teaspoons salt
4 tablespoons sugar
4 tablespoons softened shortening
About 3 quarts sifted flour (12 cups)

Soften yeast in the cup of lukewarm water, stir and let

stand ten minutes. Meanwhile measure remaining liquid into large bowl, add salt and sugar, then stir in softened yeast, shortening and flour. Mix well and knead into a medium firm dough. Brush over with softened shortening, cover and set aside in a warm place free from drafts to rise until doubled in bulk, after which cut or knead down and let rise again about three-fourths as much as the first time. (This kneading down and second rising improves the texture of the bread.) Turn onto floured board, divide into three portions, knead just until smooth, place in greased bread pans, again brush over with softened shortening, let rise until doubled in bulk and bake three-quarters to one hour. Have the oven moderately hot (375–400° F.) until bread begins to brown, about 15–20 minutes, then reduce the heat to 350° F. so as to thoroughly cook the bread right through to center. Remove from pans immediately and place on wire rack to cool. Makes 3 loaves.

WAFFLES, GRIDDLE CAKES, ETC.

Griddle cakes may be baked on a griddle or heavy frying pan. To test for correct baking temperature pour two or three drops of cold water on griddle or frying pan. If water bubbles and sputters, it is hot enough to bake the cakes; if it evaporates instantly, it is too hot. Some griddles require no greasing; for those which do, use preferably an unsalted fat. Similar tests apply to a waffle iron used over an open fire.

With electric waffle irons follow manufacturers' directions as to heating and greasing. Many waffle irons today are almost human in their operation. Neither over- nor under-fill the iron, too much batter will run out, too little prevents proper top browning. Never open the iron until steam ceases.

To clean an electric waffle iron wipe edges and surface with a damp cloth, then with a dry one, but never permit water to penetrate the heating unit. Always leave the iron

open until entirely cold. Remove any burned-on-particles with a stiff wire brush.

STANDARD RUMFORD WAFFLES

2 cups sifted flour
½ teaspoon salt
2 teaspoons Rumford Baking Powder
3 eggs, separated
1¼ cups milk
4 tablespoons melted butter

Sift together flour, salt and baking powder, add egg yolks and milk, beating well so as to make a smooth batter. Stir in melted butter and, at the last moment, fold in stiffly beaten egg whites. Bake in preheated waffle iron. Makes 6 four-section waffles.

CHEESE WAFFLES

Add from ¾ to 1 cup grated American cheese to standard waffle batter, stirring it in just before adding the beaten egg whites. These waffles are delicious served with broiled bacon or with grilled tomatoes.

CHOCOLATE WAFFLES

Add to standard waffle batter 2 squares (ounces) unsweetened chocolate, melted over hot water, also 2 tablespoons sugar. Serve with ice cream or whipped cream.

SOUR MILK or BUTTERMILK WAFFLES

2 cups sifted flour
2 teaspoons Rumford Baking Powder
1 teaspoon baking soda
½ teaspoon salt
2 eggs, separated
1½ cups sour milk or buttermilk
3 tablespoons melted butter

Sift dry ingredients and add beaten egg yolks combined

with milk and melted butter, beating until smooth. Fold in stiffly beaten egg whites and bake in pre-heated waffle iron. Makes 6 four-section waffles.

POUND CAKE WAFFLES

⅔ cup shortening
1 cup fine granulated sugar
4 eggs, separated
¼ cup milk
1 teaspoon lemon or vanilla extract
1¼ cups sifted flour
½ teaspoon salt
1¼ teaspoons Rumford Baking Powder

Cream shortening and sugar until light; add well-beaten egg yolks, milk and flavoring. Sift together dry ingredients, add to liquid batter and fold in gently stiffly beaten egg whites. Bake in pre-heated waffle iron. Makes 6 four-section waffles.

GRIDDLE CAKES

1 cup sifted flour
½ teaspoon salt
1 teaspoon Rumford Baking Powder
1 tablespoon sugar
2 eggs, beaten
Scant ¾ cup milk
2 tablespoons melted shortening

Sift together dry ingredients. Combine eggs with milk, then add to flour gradually, beating until smooth. Stir in shortening and bake on hot greased griddle. When browned on under side, puffed and beginning to set, turn to brown second side. Makes 12–15 griddle cakes.

FRUIT GRIDDLE CAKES

Stir ½ cup blueberries or huckleberries into griddle cake batter just before baking.

CORN MEAL GRIDDLE CAKES

½ cup corn meal
2 tablespoons shortening
1 cup boiling water
¾ cup milk
2 eggs, beaten
1 tablespoon molasses
1 cup sifted flour
1 teaspoon salt
3 teaspoons Rumford Baking Powder

Combine corn meal and shortening, scald with boiling water, cover and let stand five minutes. Add milk and when cool add eggs and molasses; beat in sifted flour, salt and baking powder. Bake on hot greased griddle, turning to brown both sides, but bake a little more slowly and a little longer than plain griddle cakes. Makes 12–15 griddle cakes.

POTATO GRIDDLE SCONES

2 cups sifted flour
½ teaspoon salt
3 teaspoons Rumford Baking Powder
3 tablespoons shortening
¾ cup mashed potato
Scant ⅔ cup milk
2 eggs

Sift together flour, salt and baking powder, work in shortening lightly, add potato and mix to a soft dough with milk and beaten eggs. Divide into two portions, roll out three-fourths inch thick, cut each into four triangular cakes and bake slowly on hot greased griddle, turning several times that they may bake evenly. Makes 8 scones.

QUICK BUCKWHEAT CAKES

1 cup sifted flour
1 cup buckwheat flour
1 teaspoon salt
2 teaspoons Rumford Baking Powder
1 egg, beaten
1¾ cups milk
2 tablespoons molasses
3 tablespoons melted shortening

Sift together the flours, salt and baking powder. Combine

egg with milk and molasses and add gradually to dry ingredients, beating until smooth. Stir in shortening and bake on hot greased griddle, turning to brown both sides. Makes 12–15 cakes.

FRENCH PANCAKES

(For Dessert)

1 cup sifted flour
½ teaspoon salt
1 teaspoon Rumford Baking Powder
2 eggs, beaten
1 cup milk
1 tablespoon melted shortening
Peach or apricot preserve

Sift together flour, salt and baking powder. Combine eggs with milk and add gradually to dry ingredients, beating until smooth; stir in melted shortening. Melt a teaspoon of butter in a heavy frying pan and when hot pour in a little batter, tilt pan to allow batter to run over it thinly and cook golden brown on both sides. Turn out, spread with preserve, roll up and sprinkle with sugar. Serve immediately. These pancakes should be almost paper thin. Makes about 1½ dozen.

DELICATE PANCAKES

(For Dessert)

4 eggs, separated
2 tablespoons flour
⅓ teaspoon salt
1 cup milk
2 tablespoons butter

Thoroughly beat egg yolks; beat whites until stiff. Add flour and salt to yolks. When well mixed stir in milk, and, at last moment, fold in stiffly beaten whites. Melt butter in large frying pan, pour in batter and cook over a moderately hot fire until it begins to set, then transfer the pan to a hot oven (400° F.) to finish cooking. Turn onto a hot dish, spread with applesauce, fold together and serve immediately. Serves 4.

CAKE

Cake is one of our most popular desserts. Almost every event of importance in the life of man, even back in the Middle Ages, called for a feast with its accompanying special cake. There was the Christening Cake, the Mid-Lent Cake, the Easter and Christmas Cake, the Funeral Cake and of course the Wedding Cake! The Romans are supposed to have brought the idea of the wedding cake to Britain, breaking the cake over the head of the bride, the fragments subsequently being distributed among the guests. We moderns have improved on that idea and now much more graciously distribute our wedding cake in dainty boxes. But in one form or another cake seems to fit into every festal and family occasion. We want our cake and we want to eat it too!

What makes a good cake? First perhaps its flavor, then its texture, appearance and general attractiveness. And successful cake making isn't a matter of luck; given good ingredients, accurately measured, carefully combined and properly baked, one should *always* have good cake. Each point is of importance and no one of them without the cooperation of the other three can result in perfect cake.

TYPES OF CAKES

Cakes are divided into two groups: (1) those containing shortening, or *butter cakes*, (2) those without shortening, or *sponge cakes*.

Butter Cakes

Butter Cakes are further divided according to the method of combining ingredients.

(1) Standard Butter Cake: Shortening is creamed with the sugar until light and fluffy, then eggs are added, then sifted dry ingredients alternately with the liquid.

(2) One-bowl or Four-minute Cake: The dry ingredients, flour, baking powder, salt and sugar are sifted directly into a large bowl. The shortening, which must be vegetable and warmed to room temperature, is dropped in with the flavoring and part of the liquid added. The batter is beaten for two minutes by the clock, the unbeaten eggs and remaining liquid are added and the batter is beaten again for two more minutes by the clock. The batter is thinner than for standard Butter Cake. This method produces a moist, sweet, fine-grained cake which does not stale readily. *Use only recipes developed for this method because of the special proportions of all ingredients used.*

Sponge Cakes

True sponge and angel cakes contain no liquid other than that in the eggs, no shortening or baking powder. They are leavened by the air enclosed in the egg white by beating. Slight variations of true sponge cakes call for baking powder and some liquid.

Shortening

This may be butter or a substitute. If to be creamed, take it from the refrigerator and keep it at room temperature for an hour or so before using, to slightly soften and thereby speed up the creaming process. Never melt butter, as this would give an entirely different texture to the cake.

Sugar

Granulated sugar must be fine-grained and free from lumps. Brown sugar is often prefered for spice cakes, gingerbreads and dark fruit cake. If brown or confectioners' sugar is lumpy, spread it on a paper and press lumps out with a rolling pin.

Where only a small amount of shortening is used in a cake, the sugar must be added a little at a time and if a little egg yolk is incorporated with it to slightly moisten the mixture, the creaming process will again be made easier and quicker.

Eggs

With some types of cake yolks and whites are beaten together; with others, especially those depending largely upon eggs for their lightness, the yolks are often beaten and added to the creamed shortening and sugar, the whites being folded in after the batter is made. Where whites are stiffly beaten and folded in last, the cake may be a little lighter but it has the disadvantage of drying out more quickly.

Flour

Most housekeepers use an all-purpose flour for all their baking, but where an especially fine grain and texture are desired, as in delicate white cakes, use cake or pastry flour. Any flour is to be sifted once before measuring, then sifted at least once again with other dry ingredients. In measuring flour pile lightly into the cup with a tablespoon, then level off with a knife.

Baking Powder

Rumford Baking Powder may always be depended upon, and with its use one need never fear that the rich flavor of other ingredients will be lost, for Rumford is an all-phosphate Baking Powder which never leaves any bitter taste, no matter how much is used. Moreover it contains those valuable minerals, calcium and phosphorus, so necessary to the daily diet. Remember, too, that Rumford's double action means that two-thirds of the leavening power is liberated during the mixing and one-third while cooking in the oven.

Where you are using a recipe not especially designed for Rumford Baking Powder you may safely follow that recipe with Rumford and be sure of good results.

MIXING THE BATTER

There are four methods of mixing: creaming, stirring, beating and folding.

In creaming work shortening vigorously, preferably with wooden spoon, until the resultant mass is light, fluffy and delicate.

In stirring the spoon is not lifted from the bowl and the motion may be described as a circular one.

In beating the object desired is to incorporate all the air possible into the mixture by vigorous active motion. *Remember though that after a cake is beaten there must be no further stirring motion as this would undo the good already accomplished.*

Folding here applies more especially to the mixing and blending in of stiffly beaten egg whites when added as the final ingredient. The motion is that of lifting the batter from the bottom of the bowl, folding it over the beaten whites, mixing them in and continuing the process only until they are no longer visible on the surface of the batter.

When using an electric mixer for cake making, follow manufacturers' directions. Generally speaking, the shortening is creamed at medium speed, increasing this to high for further creaming after sugar is added. High speed is also used for incorporating eggs and low for the blending in of sifted dry ingredients and liquids. Avoid over-beating after flour is added as it makes a close-textured cake. Stiffly beaten egg whites are invariably folded in by hand.

PREPARING THE CAKE PANS

Grease the pans with an unsalted fat. For a crispy yet smooth surface the pans may, after greasing, be dusted with flour or fine granulated sugar. Especially for rich cakes and those requiring long, slow baking, added protection is given by lining the cake pans with waxed or lightly greased paper. And speaking of paper, should a cake, when fully risen, show a tendency toward over-browning, protect the top surface by laying a sheet of paper over it in the oven.

BAKING THE CAKE

Practically all ovens are now temperature controlled; failing a built-in thermostat, use a small portable oven thermometer. Cake is "done" as soon as it shrinks a little from the sides of the pan. Another test is to press the center of the cake with the finger, if firm to the touch it is ready to come out of the oven. Slender skewerlike cake testers have now superseded the old-time broom straw but are used in the same way. If upon insertion in the center of the cake the tester comes out clean, the cake is done; if sticky, bake a little longer and test again.

The baking time may be roughly divided into four quarters:

1. The batter begins to rise.
2. Rising continues and surface begins to brown.
3. Rising finishes and browning continues.
4. Baking completed, cake shrinks slightly from sides or edges of pan.

CARE AFTER BAKING

Butter Cakes

After baking place the cake in its pan on a rack and let it remain a few minutes, then loosen from sides of pan with spatula and turn out. Remove lining paper, if used, and turn cake right side up on the rack to cool.

Sponge or Angel Cakes

Cool in the pan, turning upside-down on cake rack and letting "hang" until cold, after which, loosen with spatula and turn out carefully. Do not leave the cake in the pan after it is cold as it may stick; on the other hand, do not remove it until it is cold.

Generally speaking, a batter made with 2 cups flour will yield two nine-inch layers, or one eight- to nine-inch square, or approximately two dozen cup cakes.

NOTE: In the following recipes, use *all-purpose* flour except where otherwise specified.

PLAIN LOAF CAKE

½ cup butter
1 cup sugar
2 eggs, well beaten
½ cup milk
1 teaspoon vanilla or lemon extract
2 cups sifted flour
¼ teaspoon salt
2 teaspoons Rumford Baking Powder

Cream butter and sugar until light and fluffy; add eggs, then milk and flavoring alternately with flour, salt and baking powder sifted together. Beat well and bake in a greased loaf pan in a moderate oven (350° F.) about 45 minutes.

LILY CAKE

⅓ cup butter
1 cup sugar
½ cup milk
⅓ teaspoon lemon extract
⅔ teaspoon vanilla
1¾ cups sifted flour
2 teaspoons Rumford Baking Powder
½ teaspoon salt
3 egg whites

Cream butter, gradually adding sugar; add milk and flavorings alternately with flour, salt and baking powder sifted together and beat well. Fold in stiffly beaten egg whites and bake in two greased layer cake pans in moderately hot oven (375° F.) about 20 minutes. When cold put together with Prune Almond Filling (see page 145).

FIG LAYER CAKE

⅓ cup butter
1 cup sugar
1 egg, beaten
⅔ cup milk
½ cup finely shredded figs
1½ cups sifted flour
⅓ teaspoon salt
1½ teaspoons Rumford Baking Powder

Cream butter and sugar until light, add egg and milk, then the figs and lastly the flour, salt and baking powder sifted together. Bake in two greased layer cake pans in moderately hot oven (375° F.) about 20 minutes. When cold put together with Fig Filling (see page 145).

ONE-BOWL GOLD CAKE

Dry Ingredients

2 cups sifted cake flour*
1⅓ cups sugar
2½ teaspoons Rumford Baking Powder
1 teaspoon salt
½ cup vegetable shortening

Liquid Ingredients

1 cup less 2 tablespoons milk
1½ teaspoons vanilla flavor
2 eggs, unbeaten

* If all-purpose flour is used instead of cake flour, reduce flour 2 tablespoons.

Sift flour, sugar, baking powder, and salt into large mixing bowl. Drop in shortening, add about two thirds of the milk, then vanilla and beat for two minutes by the clock. Scrape bowl and spoon often during entire mixing. Add eggs and remainder of milk and beat two minutes longer. Pour batter into two 9-inch or deep 8-inch well-greased and wax paper-lined pans and bake in moderate oven (350°–375° F.) 25–35 minutes. Cool before frosting.

ONE-BOWL SILVER CAKE

Dry Ingredients

2 cups sifted cake flour*
1¼ cups sugar
3½ teaspoons Rumford Baking Powder
1 teaspoon salt
½ cup vegetable shortening

Liquid Ingredients

1 cup milk
1¾ teaspoons vanilla flavor
3 egg whites, unbeaten

* If all-purpose flour is used instead of cake flour, reduce flour 2 tablespoons.

Sift flour, sugar, baking powder and salt into mixing bowl, drop in shortening, add about two thirds of the milk, then vanilla and beat two minutes by the clock. Scrape bowl and spoon often throughout mixing. Add egg whites and remainder of milk and beat two minutes longer. Pour batter into two 9-inch or deep 8-inch layer cake pans which have been well greased and lined with wax paper. Bake in a moderate oven (350° F.) 30–35 minutes. Cool before frosting.

SNOW CAKE (White Cake)

¼ cup butter
1 cup sugar
1½ cups sifted flour
½ teaspoon salt
1½ teaspoons Rumford Baking Powder
½ cup milk
½ teaspoon vanilla
2 egg whites

Cream butter with half the sugar until light; work in the sifted dry ingredients alternately with the milk to which vanilla has been added. Beat egg whites until stiff, gradually adding remaining sugar. Fold into mixture and bake in greased loaf pan in moderate oven (350° F.) about 45 minutes. When cold frost with Boiled Frosting (see page 140).

NUT CAKE

⅔ cup butter
1 cup sugar
3 eggs, well beaten
1 cup chopped nuts
½ cup milk
1 teaspoon almond extract
2 cups sifted flour
⅓ teaspoon salt
2 teaspoons Rumford Baking Powder

Cream butter and sugar until light, add eggs and nuts, then the milk to which flavoring has been added alternately with the sifted dry ingredients. Bake in greased loaf pan in moderate oven (350° F.) about 45 minutes.

APPLE SAUCE CAKE

½ cup butter
1 cup sugar
1 cup unsweetened apple sauce
1 teaspoon baking soda
1 cup halved seeded raisins
2 cups sifted flour
1 teaspoon ground cinnamon
½ teaspoon ground cloves

Cream butter, adding sugar gradually and blend in apple sauce to which soda has been added. Stir in raisins; add sifted dry ingredients and blend until smooth. Turn into a greased and floured (or paper lined) loaf pan and bake in moderate oven (350° F.) about 45 minutes. One-half cup nut-meats may be substituted for half the raisins if desired.

GOLD LOAF CAKE

½ cup butter
1 cup fine granulated sugar
4 egg yolks
½ cup milk
½ teaspoon vanilla
1⅔ cups sifted flour
½ teaspoon salt
2 teaspoons Rumford Baking Powder

Cream butter and sugar until very light, add egg yolks beaten until thick; add milk to which vanilla has been added alternately with sifted dry ingredients. Beat well and bake in greased loaf pan in moderate oven (350° F.) about 45 minutes; or bake in two greased layer cake pans in moderately hot oven (375° F.) about 20 minutes.

COCONUT CAKE

⅓ cup butter
⅔ cup sugar
2 eggs, well beaten
½ cup milk
1 cup shredded coconut
2 cups sifted flour
⅓ teaspoon salt
2 teaspoons Rumford Baking Powder

Cream butter and sugar until light, add eggs; add milk and coconut alternately with sifted dry ingredients. Beat well, turn into greased shallow pan and bake in moderate oven (350° F.) about 45 minutes. When cold frost with Coconut Frosting (see page 140).

GRAHAM CRACKER CAKE

⅓ cup butter
½ cup sugar
3 eggs, separated
⅔ cup milk
1 teaspoon vanilla
2 dozen graham crackers, finely crushed
1 teaspoon Rumford Baking Powder
½ cup finely chopped nut-meats

Cream butter and sugar, add well-beaten egg yolks. Add milk, vanilla and finely crushed crackers which have been blended with the baking powder and nut-meats. Fold in stiffly beaten egg whites and bake in two greased layer cake pans in a moderate oven (350–375° F.) about 25 minutes. When cold fill and frost with Mocha Frosting (see page 144).

ONE EGG CAKE

¼ cup butter
1 cup sugar
1 egg, well beaten
2 cups sifted flour
¼ teaspoon salt
2 teaspoons Rumford Baking Powder
¾ cup milk
1 teaspoon vanilla

Cream butter, adding sugar gradually and continue creaming until light and fluffy. Add egg. Sift dry ingredients and add alternately with milk and vanilla, about one-third of each at each addition, and beat until smooth. Turn into two greased layer cake pans and bake in moderately hot oven (375° F.) about 25 minutes. When cold fill and frost as desired. Or bake in a greased loaf pan in moderate oven (350° F.) about 40 minutes.

This makes a good plain cake which, however, because of the small amount of shortening and egg, will not keep moist as long as richer mixtures.

BOSTON CREAM "PIE"

Bake One Egg Cake in two layers and when cold put together with cream filling, dusting the top with powdered sugar.

WASHINGTON "PIE"

Bake One Egg Cake in two layers and when cold put together with raspberry jam, dusting the top with powdered sugar.

To make more decorative with very little trouble lay a wire cake cooler on top of the cake before dusting with powdered sugar, then lift off carefully and note the checkered effect; or lay a rather open patterned lace paper doily on top of the cake before dusting with the sugar.

GRANDMOTHER'S 1–2–3–4 CAKE

1 cup butter
2 cups sugar
3 cups sifted flour
4 eggs
3 teaspoons Rumford Baking Powder
½ teaspoon salt
1 cup milk
1 teaspoon almond extract

Cream butter and sugar until light, add beaten eggs one at a time, beating each in thoroughly. Sift and add dry ingredients alternately with milk and flavoring. Bake in greased loaf pan in moderate oven (350–375° F.) 45–60 minutes; or bake in two greased layer cake pans in moderately hot oven (375° F.) about 25 minutes. Fill and frost as desired.

LAYER CAKE NO. 1 (Butter)

⅔ cup butter
1¼ cups sugar
3 eggs, separated
2 cups sifted flour
¼ teaspoon salt
2 teaspoons Rumford Baking Powder
½ cup milk
1 teaspoon vanilla

Cream butter and sugar until light, add egg yolks and, when thoroughly blended, sifted dry ingredients alternately with milk and vanilla. Fold in stiffly beaten egg whites and bake in two greased layer cake pans in moderately hot oven (375° F.) 20–25 minutes. Fill and frost as desired.

LAYER CAKE NO. 2 (Sponge)

3 eggs
1 cup sugar
½ teaspoon grated lemon rind
1 cup sifted flour
¼ teaspoon salt
1 teaspoon Rumford Baking Powder
6 tablespoons hot milk

Beat eggs until very thick and light, gradually add sugar, beating while adding, and sprinkle in the lemon rind. Fold

in dry ingredients sifted together twice and finally add the milk, mixing just until smooth. Turn into two greased layer cake pans and bake in moderate oven (350° F.) about 25 minutes. Fill and frost as desired.

COFFEE LAYER CAKE

½ cup butter
1 cup brown sugar
2 eggs, beaten
½ cup molasses
½ cup double-strength coffee
2 cups sifted flour
½ teaspoon salt
2 teaspoons Rumford Baking Powder
½ teaspoon mixed ground spices

Cream butter and sugar until light, add eggs. Add molasses and coffee, and finally the sifted dry ingredients. Bake in two greased layer cake pans in moderately hot oven (375° F.) about 20 minutes. When cold fill and frost with Seven Minute Frosting (see page 141).

SILVER CAKE

½ cup butter
1¼ cups sugar
3 cups sifted flour
¼ teaspoon salt
3 teaspoons Rumford Baking Powder
1 cup milk
½ teaspoon flavoring extract
4 stiffly beaten egg whites

Cream butter until very light, adding sugar gradually. Add sifted dry ingredients alternately with milk and flavoring, beating well after each addition. Gently fold in egg whites. Bake in two greased layer cake pans in moderately hot oven (375° F.) 20–30 minutes. When cold fill and frost as desired.

DATE LUNCH CAKE

½ cup butter
1 cup sugar
2 eggs, beaten
1½ cups pitted dates, cut small
2½ cups sifted flour
½ teaspoon salt
2½ teaspoons Rumford Baking Powder
1 cup milk

Cream butter and sugar until light, add eggs. Add dates and sifted dry ingredients alternately with milk. Beat until

smooth and bake in shallow greased pan in moderately hot oven (375° F.) about 30 minutes. Cut into squares for serving.

CUP CAKES

Practically any butter or sponge layer cake mixture may be baked as cup cakes, remembering that being small the amount of flour may be slightly decreased. Bake in small greased muffin pans or cup cake pans in moderately hot oven (375° F.) 15 to 20 minutes, depending on size. Frost when cold, using any preferred frosting.

CHOCOLATE CUP CAKES

Add 2 squares (ounces) unsweetened chocolate, melted, to batter after eggs and before dry ingredients are incorporated. Bake in greased pans in moderate oven (350° F.) about 20 minutes. Frost when cold with any preferred frosting.

ALMOND CUP CAKES

½ cup butter
⅔ cup sugar
2 eggs, beaten
½ cup chopped blanched almonds
1½ cups sifted flour
⅓ teaspoon salt
1½ teaspoons Rumford Baking Powder
½ cup milk

Cream butter and sugar until light, add eggs. Add almonds and sifted dry ingredients alternately with the milk. Turn into small greased cup cake pans, top each with a split blanched almond (additional) and bake in moderately hot oven (375° F.) about 20 minutes.

QUEEN CAKES

¾ cup butter
1½ cups sugar
3 eggs, separated
1 cup seedless raisins or halved candied cherries
¾ cup milk
½ teaspoon lemon extract
2½ cups sifted flour
½ teaspoon salt
2 teaspoons Rumford Baking Powder

Cream butter and sugar until light, add well-beaten egg yolks and fruit; then milk to which flavoring has been added

alternately with sifted dry ingredients. Fold in gently stiffly beaten egg whites and bake in very small greased pans in hot oven (400° F.) about 15 minutes.

POUND CAKE

1 cup butter
1 cup sugar
5 eggs, separated
2 cups sifted flour
¼ teaspoon salt
¼ teaspoon grated nutmeg

Cream butter and sugar until very light; add well-beaten egg yolks. Sift dry ingredients together twice; add a little at a time and beat thoroughly after each addition. Finally fold in stiffly beaten egg whites and bake in a greased and floured loaf pan in slow oven (325–350° F.) one to one and a quarter hours. This is literally a "Half Pound" Cake.

LADY BALTIMORE CAKE

1 cup butter
2 cups powdered sugar
3 cups sifted flour
3 teaspoons Rumford Baking Powder
½ teaspoon salt
1 cup milk
1 teaspoon vanilla
6 stiffly beaten egg whites

Cream butter and sugar until very light, add sifted dry ingredients alternately with milk to which vanilla has been added; beat thoroughly. Fold in gently stiffly beaten egg whites and bake in two greased layer cake pans in moderately hot oven (375° F.) about 25 minutes. When cold fill and frost with Lady Baltimore Filling and Frosting (see page 143).

DEVIL'S FOOD

2 squares (ounces) unsweetened chocolate
1⅔ cups sugar
1 cup milk
½ cup butter
2 eggs, beaten
2 cups sifted flour
½ teaspoon salt
2 teaspoons Rumford Baking Powder
1 teaspoon vanilla

Melt chocolate in upper part of double boiler, add ⅓ cup of the sugar, also ⅓ cup of the milk and cook, stirring constantly,

until smooth. Cool. Cream butter with remaining sugar; add eggs. Add sifted dry ingredients alternately with remaining milk to which vanilla has been added. Beat in chocolate mixture and bake in two greased layer cake pans in moderate oven (350° F.) about 20 minutes. When cold put together with a white frosting.

COFFEE CHOCOLATE CAKE

1 cup butter
2 cups sugar
3 eggs, separated
3 squares (ounces) unsweetened chocolate
2 cups sifted flour
½ teaspoon salt
2 teaspoons Rumford Baking Powder
1 cup double-strength coffee
1 teaspoon vanilla

Cream butter and sugar until light, add well-beaten egg yolks and chocolate, softened over hot water. Sift and add dry ingredients alternately with coffee and vanilla. Beat vigorously; fold in stiffly beaten egg whites. Bake in three greased layer cake pans in moderate oven (350° F.) about 20 minutes. When cold fill and frost with Boiled Frosting (see page 140) or with Mocha Frosting (see page 144).

FUDGE CAKE

½ cup butter
1 cup sugar
1 egg, well beaten
2 squares (ounces) unsweetened chocolate
2 cups sifted flour
¼ teaspoon salt
2 teaspoons Rumford Baking Powder
¾ cup milk
1 teaspoon vanilla

Cream butter until very light, adding sugar gradually. Add egg and chocolate, softened over hot water. When mixture is perfectly smooth, add sifted dry ingredients alternately with milk and vanilla, beating until smooth after each addition. Bake in greased shallow pan in moderate oven (350° F.) 40–45 minutes. When cold frost with Fudge Frosting (see page 141).

MARSHMALLOW CAKE

½ cup butter
1⅓ cups sugar
2 cups sifted flour
¼ teaspoon salt
2 teaspoons Rumford Baking Powder
⅔ cup milk
1 teaspoon vanilla
4 egg whites

Cream butter until very light, gradually adding one cup of the sugar. Work in sifted dry ingredients alternately with milk to which vanilla has been added, beating thoroughly after each addition. Beat egg whites until stiff with remaining sugar, fold into batter and bake in two greased layer cake pans in moderately hot oven (375° F.) about 20 minutes. When cold fill and frost with Marshmallow Filling and Frosting (see page 144); or bake in a shallow greased pan in moderate oven (350° F.) 45–50 minutes and when cold frost with Marshmallow Frosting.

INEXPENSIVE FRUIT CAKE

2 cups sifted flour
½ teaspoon salt
2 teaspoons Rumford Baking Powder
¼ teaspoon ground cloves
½ teaspoon ground nutmeg
1 teaspoon ground cinnamon
⅓ cup butter
1 cup sugar
½ cup raisins
½ cup currants
1 egg
⅔ cup milk

Sift together flour, salt, baking powder and spices, work in butter and add sugar and fruit. Mix to a soft dough with egg and milk and bake in greased shallow pan in moderate oven (350° F.) about three-quarters of an hour.

WHITE FRUIT CAKE

1 cup butter
2 cups sugar
4 cups sifted flour
⅔ teaspoon salt
4 teaspoons Rumford Baking Powder
Grated rind 1 orange
⅔ cup orange juice
1 cup seedless raisins
½ cup mixed candied peel, shredded
½ cup candied cherries, halved
½ cup candied pineapple, shredded
⅔ cup blanched almonds, shredded
6 stiffly beaten egg whites

(over)

Cream butter and sugar until very light, work in sifted dry ingredients alternately with grated orange rind and juice. Add fruits and nuts and mix thoroughly; fold in stiffly beaten egg whites. Turn into a large greased loaf pan and bake in moderate oven (350° F.) about 1½ hours.

RICH DARK FRUIT CAKE

¾ pound sifted flour
2½ pounds seeded raisins
¾ pound citron, finely shredded
¾ pound butter
8 eggs, separated
¾ pound sugar
¼ pound candied cherries, halved
½ pound almonds, blanched and halved
½ pound walnut or pecan meats, coarsely broken
1½ teaspoons grated nutmeg
1 teaspoon ground mace
½ pint brandy or grape juice
¼ cup molasses

Mix ½ cup of the flour with raisins and citron. Cream butter until light, gradually adding remaining flour. Beat egg yolks until thick, adding sugar gradually and combine with butter and flour mixture. Work in fruit, nuts and spices with brandy or grape juice and molasses; fold in stiffly beaten egg whites. The batter should be moist but heavy in consistency. Turn into two loaf cake pans lined with several thicknesses of paper (greasing the innermost) and bake in a slow oven (300° F.) about three hours. Makes 7 pounds.

UPSIDE-DOWN CAKE

½ cup butter
¾ cup sugar
1 egg, beaten
½ cup milk
1 teaspoon vanilla
1¼ cups sifted flour
¼ teaspoon salt
1¼ teaspoons Rumford Baking Powder
½ cup brown sugar, firmly packed
2 cups fruit — fresh or stewed, dried or canned, drained
Whipped cream, optional

Cream half the butter, gradually adding sugar. Combine egg with milk and vanilla and add alternately with sifted dry ingredients, beating until smooth. Meanwhile melt remaining butter in heavy frying pan, sprinkle brown sugar over bottom of pan and arrange fruit over this. Pour in batter,

spread smoothly and bake in moderate oven (350° F.) 45–50 minutes. Loosen cake from sides of pan with spatula and immediately invert onto serving plate. Top with whipped cream if desired.

EGGLESS, MILKLESS, BUTTERLESS CAKE

1 cup brown sugar
1½ cups water
1½ cups seeded raisins
½ cup candied peel, cut small
⅓ cup shortening
1 teaspoon ground cinnamon
¼ teaspoon ground cloves
¼ teaspoon grated nutmeg
½ teaspoon salt
2 cups sifted flour
4 teaspoons Rumford Baking Powder
½ teaspoon vanilla

Boil together for three minutes sugar, water, fruit, shortening, spices and salt. Cool; add flour and baking powder sifted together and vanilla. Mix well and bake in well-greased loaf pan in slow oven (325–350° F.) about one hour.

SCOTCH SHORTBREAD

1½ cups sifted flour
1 teaspoon Rumford Baking Powder
¾ cup butter
½ cup sugar
Blanched almonds

Sift flour and baking powder, work in butter, add sugar and knead; mix until thoroughly blended. Do not add any liquid, as this would entirely change the texture. Roll or pat out half an inch thick, cut into rounds with fluted cutter, place on flat baking sheet and press two or three almonds into each. Bake in slow oven (325–350° F.) about half an hour. If preferred, the mixture may be pressed into a baking pan dotted with almonds and after baking cut into squares or fingers.

DUTCH APPLE CAKE

2 cups sifted flour
½ teaspoon salt
2 teaspoons Rumford Baking Powder
3 tablespoons shortening
1 egg, beaten
About ⅔ cup milk
Apples
Sugar and cinnamon

Sift dry ingredients together, work in shortening, mix to a light dough with egg and milk; press into a well-greased shallow

baking pan. Top with apples (pared, cored and cut into eighths) pressing down lightly into dough. Sprinkle with sugar and cinnamon and bake in moderate oven (350° F.) about half an hour. Cut into squares and serve hot with whipped cream.

PLAIN SPONGE CAKE

3 eggs
1 cup sugar
½ cup hot water
Grated rind ½ lemon
1½ cups sifted flour
⅓ teaspoon salt
1½ teaspoons Rumford Baking Powder

Beat eggs and sugar until very light; add water and lemon rind and beat again. Fold in sifted dry ingredients as gently as possible and turn into a shallow pan which has been well greased and floured. Bake in moderate oven (350° F.) about 30 minutes.

OLD-FASHIONED SPONGE CAKE

5 eggs, separated
½ teaspoon grated lemon rind
1½ tablespoons lemon juice
1 cup fine granulated sugar
1 cup sifted flour
¼ teaspoon salt

Beat egg yolks, lemon rind and juice until very thick and light. Beat egg whites until stiff but not dry, folding in the sugar while beating but adding not more than 2 tablespoons at a time. Combine with egg yolk mixture; fold in flour in same manner as sugar, having first sifted it with salt three times. Turn into an ungreased tube pan and bake in slow oven (325° F.) about one hour. Remove from oven and invert pan until cake is cold.

POTATO FLOUR SPONGE CAKE

4 eggs, separated
¾ cup sugar
2 teaspoons lemon juice
¾ cup potato flour
¼ teaspoon salt
1 teaspoon Rumford Baking Powder

Beat egg yolks until thick and lemon colored, adding sugar gradually while beating. Add lemon juice, stiffly beaten egg

whites and fold in very gently the dry ingredients sifted together three times. Bake in a greased and floured shallow pan in moderate oven (350–360° F.) 30–40 minutes.

DUNDEE CAKE

⅔ cup butter
⅔ cup sugar
4 eggs
⅓ cup blanched shredded almonds
½ cup mixed candied peel, cut small
1½ cups seedless raisins
2 tablespoons orange juice
1 teaspoon grated orange rind
2½ cups sifted flour
½ teaspoon salt
1½ teaspoons Rumford Baking Powder

Cream butter and sugar thoroughly, add beaten eggs, one at a time, beating each in well. Next add almonds, fruits, orange rind and juice, then sifted dry ingredients. Mix all very thoroughly, turn into two bread pans, greased or lined with greased paper and decorate tops with a few blanched almonds and strips of finely cut citron. Bake in slow oven (325–350° F.) 1 to 1¼ hours, covering with paper after first half hour of baking.

TEN MINUTE CAKE

1½ cups sifted flour
¼ teaspoon salt
1½ teaspoons Rumford Baking Powder
¾ cup sugar
¼ cup butter
2 eggs
milk
½ teaspoon flavoring extract

Sift flour, salt, baking powder and sugar. Melt butter in a measuring cup; cool. Break eggs into cup and fill remainder of cup up with milk. Add flavoring to liquid in the cup and use to moisten dry ingredients. Beat hard for five minutes and bake in shallow greased pan in moderate oven (350–375° F.) about 25 minutes. When cold frost as desired.

JELLY ROLL

3 eggs
1 cup sugar
3 tablespoons cold water
1 cup sifted flour
⅓ teaspoon salt
1 teaspoon Rumford Baking Powder
Jelly or jam

(*over*)

Beat eggs and sugar until very thick; add water. Add sifted dry ingredients, folding in gently. Line a very shallow pan of the cookie sheet type with greased paper, pour in batter and spread evenly. Bake about 12 minutes in a moderately hot oven (375–400° F.). Turn out onto a cloth sprinkled with sugar, cut off crisp edges of cake, tear off paper and spread with warmed jelly or jam. Roll up quickly.

CHOCOLATE CREAM ROLL

6 tablespoons sifted flour
⅓ cup cocoa
½ teaspoon Rumford Baking Powder
¼ teaspoon salt
4 eggs, separated
¾ cup powdered sugar
1 teaspoon vanilla

Sift flour, cocoa, baking powder and salt together twice. Beat egg yolks until very thick; beat egg whites until stiff, gradually beating sugar into them. Add these with vanilla to egg yolks; fold in dry ingredients carefully. Line very shallow pan of the cookie sheet type with greased paper, pour in batter, spread evenly and bake in moderately hot oven (375–400° F.) 12–14 minutes. Turn onto cloth sprinkled with sugar and cut off crisp edges of cake, then tear off paper. When cold spread with whipped cream or Boiled Frosting (see page 140) and roll up. If preferred after tearing off paper lay fresh sheet of waxed paper over, roll up and when cold unroll and fill.

MAPLE NUT REFRIGERATOR CAKE

2 dozen lady fingers, split
¾ cup sweet butter
1¼ cups powdered sugar
3 eggs, separated
¾ cup chopped walnuts
1 teaspoon maple extract
1 cup heavy cream, whipped
6 macaroons

Line a round mold with split lady fingers. It will be necessary to cut them a little to make them fit closely. Cream butter until light, gradually adding sugar; add egg yolks, one at a time, still beating; stir in nuts, flavoring and cream whipped until stiff. Fold in stiffly beaten egg whites. Put a layer of the mixture gently into the prepared mold, sprinkle with crushed macaroons and fragments of lady fingers, repeat

layers until mold is full and top with lady fingers. Chill overnight. Unmold and if desired garnish with candied cherries and additional whipped cream.

CHOCOLATE REFRIGERATOR CAKE

4 squares (ounces) unsweetened chocolate
½ cup sugar
Dash of salt
¼ cup hot water
4 eggs, separated
1 teaspoon vanilla
1 cup heavy cream, whipped
2 dozen lady fingers, split

Melt chocolate in upper part of double boiler, add sugar, salt and water and stir until sugar is dissolved. Cool slightly. Add egg yolks one at a time, beating each in. Replace over boiling water and cook two minutes, stirring constantly. Remove from heat, add vanilla and fold in stiffly beaten egg whites. Chill, combine with whipped cream and turn into a mold lined with split lady fingers. Top with lady fingers, chill overnight and unmold for service.

MARBLE CAKE

½ cup butter
1 cup sugar
2 eggs, separated
1 teaspoon vanilla
2 cups sifted flour, scant
¼ teaspoon salt
2 teaspoons Rumford Baking Powder
½ cup milk
1½ squares (ounces) unsweetened chocolate, melted

Cream butter, gradually adding sugar; add well beaten egg yolks and vanilla. Add sifted dry ingredients alternately with milk. Fold in gently stiffly beaten egg whites and divide the batter into two portions. Add to one of these melted chocolate; arrange the two batters in alternate spoonfuls in greased loaf pan. Bake in moderate oven (350° F.) about 45 minutes. Frost if desired when cold.

CREAM CAKE

2 eggs
1 cup sugar
2 cups sifted flour
½ teaspoon salt
2 teaspoons Rumford Baking Powder
1¼ cups heavy cream
1 teaspoon vanilla

(*over*)

Beat eggs until light, gradually adding sugar and continue beating until thick. Sift flour, salt and baking powder and add alternately with cream to which vanilla has been added. Beat until smooth after each addition. Bake in shallow greased pan in moderate oven (350° F.) about 50 minutes. When cold frost as desired.

ANGEL CAKE

1 cup egg whites (8 or 9)
1 teaspoon cream of tartar
¼ teaspoon salt
1¼ cups sugar
½ teaspoon vanilla
½ teaspoon almond extract
1 cup sifted cake or pastry flour

Beat egg whites until frothy, add cream of tartar and salt and continue beating until stiff. Add sugar, about two tablespoons at a time, folding it into the whites and repeating until all sugar is incorporated. Add flavorings with last sugar. Sift flour four times and, adding only two tablespoons at a time, fold into first mixture in same manner as sugar. Turn into an ungreased tube pan and bake in slow oven (325° F.) about one hour. Invert pan on wire rack and leave until cake is cold.

"SNOWBALLS"

Cut or tear Angel cake apart into small pieces, cover with Boiled Frosting (see page 140), then roll in shredded coconut and place on wire rack or waxed paper to set.

LADY FINGERS

3 egg whites
⅓ cup powdered sugar
2 egg yolks
¼ teaspoon vanilla
⅓ cup sifted flour
⅛ teaspoon salt

Beat egg whites until very stiff, adding sugar gradually. Then add well beaten egg yolks and vanilla and fold in gently sifted flour and salt. Force the mixture through a pastry bag and tube onto flat baking sheet lined with ungreased paper, sprinkle well with sifted powdered sugar and bake in moderate oven (350° F.) 10–12 minutes. Remove from paper with knife.

PECAN STICKS

½ cup butter
⅔ cup sugar
2 eggs, beaten
¾ cup coarsely chopped pecans
1½ cups sifted flour
⅓ teaspoon salt
1½ teaspoons Rumford Baking Powder
½ cup milk

Cream butter and sugar until light; add eggs and nuts. Add sifted dry ingredients alternately with milk. Beat until smooth and bake in greased bread stick pans in hot oven (400° F.) 12–15 minutes. When cold frost, if desired, with a white frosting into which ¼ cup finely chopped pecans have been stirred.

CREAM PUFFS

1 cup boiling water
¼ teaspoon salt
½ cup butter
1 cup sifted flour
4 eggs

Bring water, salt and butter together to boiling point, add flour all at once and cook, stirring constantly, until mixture leaves the sides of the saucepan clean. Cool; add eggs, one at a time, beating each in thoroughly before adding the next. Drop by tablespoonfuls a little distance apart on greased baking sheets and bake in hot oven (450° F.) for 15 minutes, then reduce to 350° F. and bake 20–25 minutes longer. When cold make an incision in sides, scoop out soft centers and fill with sweetened whipped cream, heavy custard, Cream Filling or Chocolate Cream Filling (see pages 144, 145). Makes 1 dozen.

ÉCLAIRS

Force Cream Puff mixture onto baking sheet through pastry bag, using plain tube. The éclairs may be as large or as small as desired. Bake as cream puffs, fill with whipped cream or custard, and frost, if desired, with Coffee Frosting (see page 142) or Rich Chocolate Frosting (see page 144).

CAKE FROSTINGS AND FILLINGS

CAKE FROSTINGS AND FILLINGS

All cakes should be cooled before being filled and frosted. If layer cake has baked unevenly turn it and frost the under side, but be sure the surface is free from crumbs. Use plenty of frosting and spread it on lightly with a flexible spatula covering both sides and top of cake; dipping the spatula occationally into hot water gives a better gloss to the surface.

These recipes are designed to frost tops and sides of two nine-inch layers, or one eight- to nine-inch square, or approximately two dozen cup cakes.

BOILED FROSTING

1½ cups sugar — **½ cup boiling water**
1½ teaspoons light corn syrup — **2 egg whites**
1 teaspoon vanilla

Mix sugar, syrup and water and bring to boiling point, stirring only until sugar is dissolved, then continue boiling rapidly until a little dropped into cold water forms a soft ball (238–240° F.). Pour in fine stream over stiffly beaten egg whites, beating constantly. Add vanilla and continue beating until cool and of spreading consistency — 10 to 15 minutes. As frosting becomes too stiff for beater, substitute flat wooden spoon. Setting the bowl containing frosting over a pan of boiling water hastens the thickening.

COCONUT FROSTING

After spreading cake with Boiled Frosting sprinkle generously with fresh grated or shredded coconut.

TOASTED ALMOND FROSTING

After spreading cake with Boiled Frosting sprinkle generously with shredded toasted almonds.

CHOCOLATE BOILED FROSTING

Fold into Boiled Frosting with the vanilla 2 squares (ounces) unsweetened chocolate, melted. Do not beat after adding the chocolate.

BITTERSWEET FROSTING

Melt 2 squares (2 ounces) unsweetened chocolate with 2 teaspoons butter. Cool slightly, then pour gently over cake which has been frosted with Boiled Frosting. Let the chocolate topping completely cover the cake and run down, haphazard, over the sides.

SEVEN MINUTE FROSTING

1½ cups sugar
2 egg whites
5 tablespoons water
1½ teaspoons light corn syrup
1 teaspoon flavoring

Combine in upper part of double boiler all ingredients except flavoring. Blend thoroughly with rotary beater, then place over rapidly boiling water and continue beating until frosting stands in peaks, approximately seven minutes. Remove from heat, add flavoring and beat again until frosting forms firm swirls and ridges, when it is ready to spread.

To insure success, remember to use a deep boiler and sturdy rotary beater; keep water in lower vessel boiling steadily, and beat constantly with no "rest" pauses.

FUDGE FROSTING

3 squares (ounces) unsweetened chocolate
1⅓ cups milk
3 cups sugar
¼ teaspoon salt
2 tablespoons corn syrup
2 tablespoons butter
1 teaspoon vanilla

Heat chocolate and milk together, stirring constantly, until smooth. Add sugar, salt and syrup and cook until a little dropped into cold water forms a very soft ball (234° F.), stirring occasionally to prevent burning. Remove from fire, add butter, cool until lukewarm, add vanilla and beat until creamy and of spreading consistency.

COFFEE FROSTING

½ cup double-strength coffee **2 cups sugar**
1 teaspoon vanilla

Cook coffee and sugar together until a little dropped into cold water forms a very soft ball (234° F.). Cool, add vanilla and beat until of spreading consistency.

OPERA CARAMEL FROSTING

1½ cups brown sugar **2 tablespoons butter**
¾ cup light cream **1 teaspoon vanilla**

Cook sugar, cream and butter together until a little dropped into cold water forms a very soft ball (234° F.). Cool, add vanilla and beat until of spreading consistency.

FRUIT FROSTING

2 cups confectioners' sugar **Strained fruit juice (orange, lemon or raspberry)**

Sift sugar and add fruit juice, using only enough to moisten sugar. With orange or lemon a little of the grated rind may be added.

BUTTER CREAM FROSTING

4 tablespoons butter **1 teaspoon vanilla**
2 cups powdered sugar **½ teaspoon almond extract**
3 tablespoons cream

Cream butter until very soft, gradually adding 1 cup of the sugar. Beat in flavorings and after one cup of sugar has been thoroughly worked in, begin to add cream with remaining sugar, a very little at a time, until of spreading consistency.

BAKED LEMON FROSTING

1⅓ cups (1 can) sweetened condensed milk **1 stiffly beaten egg white**
2 tablespoons lemon juice

Combine milk and lemon juice and stir until mixture thickens. Fold in stiffly beaten egg white, spread on freshly baked cake, return to moderate oven (350° F.) and bake

10 minutes or until delicately browned. If preferred place low in broiler under slow flame.

BAKED FUDGE FROSTING

2 squares (ounces) unsweetened chocolate
1⅓ cups (1 can) sweetened condensed milk
1 tablespoon water
1 cup shredded coconut

Melt chocolate over hot water, add milk and cook over hot water for five minutes or until mixture thickens. Add water and half the coconut. Spread on freshly baked cake, sprinkle remaining coconut over surface and replace in moderate oven (350° F.) about ten minutes, or until coconut is golden brown.

CREAM CHEESE CHOCOLATE FROSTING

2 squares (ounces) unsweetened chocolate
1 (3-oz.) package cream cheese
2–3 tablespoons top milk
⅛ teaspoon salt
2 cups sifted confectioners' sugar

Melt chocolate over hot water. Combine cheese, milk and salt, working with back of spoon until smooth. Add sugar gradually, still creaming and beating. Work in melted chocolate and beat until smooth. If desired, a little grated orange rind may be added to the cream cheese and orange juice used in place of milk to moisten.

LADY BALTIMORE FILLING AND FROSTING

2 cups sugar
1 cup boiling water
3 egg whites
¼ cup chopped raisins
¼ cup chopped figs
1 tablespoon chopped candied peel — orange, lemon or citron
¼ cup chopped walnuts
½ teaspoon vanilla

Follow directions for Boiled Frosting (see page 140), adding, when thick enough to spread, the fruits, nuts and vanilla.

The original Lady Baltimore recipe called for rose water as the flavoring for both cake and frosting but vanilla is usually substituted.

MARSHMALLOW FILLING AND FROSTING

Follow recipe for Boiled Frosting (see page 140), adding 1 cup quartered marshmallows to boiling syrup just before pouring over stiffly beaten egg whites.

COCONUT MARSHMALLOW FILLING AND FROSTING

After spreading cake with Marshmallow Filling and Frosting sprinkle generously, while still soft, with fresh grated or shredded coconut.

MOCHA FILLING AND FROSTING

6 tablespoons butter
3 cups confectioners' sugar
5 tablespoons dry cocoa
Double strength coffee (about 4 tablespoons)
1 teaspoon vanilla

Cream butter until very light, gradually working in sugar and cocoa which have been sifted together. Moisten with coffee, adding only a very little at a time. Add vanilla with last addition of coffee.

RICH CHOCOLATE FILLING AND FROSTING

4 squares (ounces) unsweetened chocolate
1 cup confectioners' sugar
2 tablespoons boiling water
2 eggs
⅓ cup butter

Melt chocolate in upper part of double boiler, remove from heat; add sugar and water and when blended add eggs, one at a time, beating each in thoroughly. Finally add butter gradually, again beating after each addition.

CREAM FILLING

(For Layer Cake, Cream Puffs and Éclairs)

⅔ cup sugar
½ cup flour
½ teaspoon salt
2 cups scalded milk
2 eggs, beaten
1 teaspoon vanilla

Combine sugar, flour and salt, gradually add milk, stirring constantly, then cook in double boiler 10 minutes. Add eggs,

cook two minutes longer, cool and add vanilla. Sufficient for four 9-inch layers; one dozen cream puffs or éclairs.

COFFEE CREAM FILLING

Follow recipe for Cream Filling using 1 cup scalded milk and 1 cup double strength coffee.

CHOCOLATE CREAM FILLING

Follow recipe for Cream Filling, melting 2 squares (ounces) unsweetened chocolate with the milk when scalding.

FIG FILLING

½ pound figs
½ cup water
⅓ cup sugar
Juice 1 lemon

Chop figs or pass through food chopper, using medium knife. Cook in double boiler with water and sugar until thick, stirring occasionally. Add lemon juice and cool slightly before spreading.

PRUNE ALMOND FILLING

1 cup sugar
⅓ cup boiling water
⅛ teaspoon cream of tartar
1 egg white
½ cup cooked pitted prunes, cut small
⅓ cup chopped blanched almonds

Mix sugar, water and cream of tartar together and bring to boiling point, stirring only until sugar is dissolved, then cook until a little dropped into cold water forms a soft ball (238° F.). Pour slowly over beaten egg white, beating while pouring and continuing beating until of spreading consistency, then fold in prunes and almonds.

ORANGE COCONUT FILLING

1 egg white
1 cup whipped cream
½ cup powdered sugar
1 cup coconut, fresh grated or shredded
Grated rind 1 orange
2 tablespoons orange juice

Beat egg white until light, add cream and sugar, then coconut, orange rind and juice. (This is a soft mixture.) Use with any plain butter or sponge cake layers, but serve immediately.

GINGERBREAD, COOKIES, DOUGHNUTS, ETC.

GINGERBREAD

½ cup shortening
½ cup brown sugar
1 egg
½ cup molasses
2 cups sifted flour
½ teaspoon salt
2 teaspoons Rumford Baking Powder
¼ teaspoon baking soda
2 teaspoons ground ginger
½ cup milk

Cream shortening and sugar, add egg and molasses and beat well. Add sifted dry ingredients alternately with milk. Bake in greased shallow pan in moderate oven (350° F.) about 45 minutes. Serve plain or chocolate frosted. One 8-inch square.

SOUR MILK GINGERBREAD

2¼ cups sifted flour
1 teaspoon salt
1½ teaspoons baking soda
2 teaspoons ginger
1 cup sour milk
1 cup molasses
4 tablespoons melted shortening

Sift thoroughly together flour, salt, soda and ginger. Combine milk and molasses and when well blended add to dry ingredients and stir until smooth. Add shortening, beat thoroughly and bake in shallow greased pan in moderate oven (350° F.) about 45 minutes. Serve plain or with molasses-flavored, sweetened whipped cream. One 8-inch square.

SOUTHERN SPICY GINGERBREAD

¾ cup melted shortening
¾ cup brown sugar
¾ cup molasses
2 eggs, beaten
2½ cups sifted flour
2 teaspoons Rumford Baking Powder
½ teaspoon salt
½ teaspoon baking soda
1½ teaspoons ground ginger
1 teaspoon ground cinnamon
¼ teaspoon each ground cloves and nutmeg
1 cup hot water

Combine shortening, sugar and molasses; add eggs and

blend. Mix in thoroughly sifted dry ingredients alternately with hot water. Bake in small well greased cup cake pans in moderately hot oven (375° F.) about 25 minutes, or in one shallow greased pan in a moderate oven (350° F.) about 45 minutes. One 8-inch square, or 12–15 cup cakes.

SPICE DROP COOKIES

1 cup shortening
1 cup sugar
2 eggs, beaten
½ cup milk
½ cup molasses
¾ cup seedless raisins
3 cups sifted flour
3 teaspoons Rumford Baking Powder
1 teaspoon ground cinnamon
½ teaspoon ground cloves
¼ teaspoon baking soda

Cream shortening and sugar; add eggs, then milk, molasses and raisins, and dry ingredients sifted together. Drop from tip of a spoon onto greased cookie sheets, a little distance apart, and bake in moderately hot oven (375° F.) 10–12 minutes. 4 dozen.

SEED COOKIES

1 cup butter
2 cups sugar
2 eggs, well beaten
½ cup milk
3 cups sifted flour
½ teaspoon salt
2 teaspoons Rumford Baking Powder
1 tablespoon caraway seeds

Cream butter and sugar until light, add eggs and milk, and sifted dry ingredients into which caraway seeds have been stirred. Chill; turn onto well floured board, knead slightly, roll out and cut with cookie cutter. Bake on greased cookie sheets in moderately hot oven (375° F.) 10–12 minutes. About 5 dozen.

CHOCOLATE COOKIES

½ cup butter
1 cup sugar
2 squares (ounces) unsweetened chocolate, melted
1 egg
¼ cup milk
2 cups sifted flour
⅓ teaspoon salt
1½ teaspoons Rumford Baking Powder

Cream butter and sugar, add melted chocolate, egg and milk, and sifted dry ingredients. Blend all thoroughly, chill,

turn onto floured board, roll out and cut with cookie cutter. Bake on greased cookie sheets in moderately hot oven (375° F.) 10–12 minutes. 4–5 dozen.

ORANGE ROCK CAKES

½ cup butter
⅔ cup sugar
2 eggs
3 cups sifted flour
3 teaspoons Rumford Baking Powder
⅓ teaspoon salt
Grated rind of 2 oranges
Strained juice of 1 orange

Cream butter and sugar, add eggs, one at a time. Add flour, salt and baking powder sifted together, and orange rind and juice. If too stiff, a little additional juice or milk may be added, but the dough should be stiff enough to hold its shape. Drop from tip of spoon onto greased cookie sheets and bake in moderately hot oven (375° F.) 10 minutes. About 4 dozen.

JUMBLES

⅓ cup butter
½ cup sugar
1 egg, beaten
Grated rind ½ lemon
1 cup sifted flour
⅓ teaspoon salt
1 teaspoon Rumford Baking Powder

Cream butter and sugar until light, add egg and lemon rind, then sifted dry ingredients. Drop from tip of spoon onto greased cookie sheets and bake in moderately hot oven (375° F.) about 10 minutes. 1½ dozen.

CRULLERS

¼ cup butter
1 cup sugar
2 eggs
About 3½ cups sifted flour
⅓ teaspoon salt
3 teaspoons Rumford Baking Powder
⅓ teaspoon grated nutmeg
1 cup milk

Cream butter and sugar until light, add beaten eggs, then sifted dry ingredients alternately with milk. Turn onto floured board, knead slightly, roll out, cut into strips (about 8″ long and ¾″ wide), double and twist together, pinching ends firmly. Fry in deep hot fat (360–375° F.), drain thoroughly on soft paper and roll in powdered sugar. About 2 dozen.

DOUGHNUTS

4 cups sifted flour
1 teaspoon salt
3 teaspoons Rumford Baking Powder
1 teaspoon grated nutmeg
1 cup sugar
1 egg
2 cups milk
2 tablespoons melted shortening
1 teaspoon vanilla

Sift together flour, salt, baking powder and nutmeg, add sugar and mix to a light soft dough with beaten egg, milk, melted shortening and vanilla. Turn onto well floured board, roll half an inch thick, cut with doughnut cutter and cook about three minutes in deep hot fat (360–375° F.), turning as they rise to the top of the fat. Drain on soft paper and sprinkle with powdered sugar. 3 dozen.

PINWHEELS

½ cup butter
½ cup sugar
1 egg yolk
1½ cups sifted flour
1 teaspoon Rumford Baking Powder
⅛ teaspoon salt
3 tablespoons milk
1½ teaspoons vanilla
1 square (ounce) unsweetened chocolate, melted

Cream butter and sugar, add egg yolk and beat again, then add sifted dry ingredients alternately with milk to which vanilla has been added. Divide into two portions, leave one plain and add chocolate to the other. Chill, then roll out both portions into very thin oblong sheets. Lay the chocolate on top of the white, roll up like a jelly roll, chill again, then cut into thin slices and bake on greased cookie sheets in moderately hot oven (375–400° F.) about 10 minutes. 3½ dozen.

PEANUT BUTTER COOKIES

2 tablespoons shortening
½ cup peanut butter
1 cup sugar
1 egg, beaten
1 teaspoon vanilla
⅓ cup milk
2 cups sifted flour
½ teaspoon salt
1½ teaspoons Rumford Baking Powder

(*over*)

Cream shortening and peanut butter together, gradually beating in sugar, egg, vanilla and milk, then sift in dry ingredients which have been previously sifted together. Chill, turn onto floured board and roll out. Cut with cookie cutter and bake on greased cookie sheet in moderately hot oven (375–400° F.) about 10 minutes. Makes about 4 dozen.

CHOCOLATE CHIP COOKIES

1 cup shortening
1 cup light brown sugar
1 egg
2 cups sifted flour
½ teaspoon salt
2 teaspoons Rumford Baking Powder
½ cup milk
1 teaspoon vanilla
½ cup nut-meats, chopped
1 cup semi-sweet chocolate cut in cubes

Cream shortening, gradually adding sugar and beating until light and fluffy. Add beaten egg and, when blended, sifted dry ingredients alternately with milk to which vanilla has been added. Fold in chocolate and stir nut-meats in thoroughly. Drop from tip of spoon onto greased baking sheet and bake in moderately hot oven (375° F.) about 15 minutes. Makes about 4 dozen.

OATMEAL COOKIES

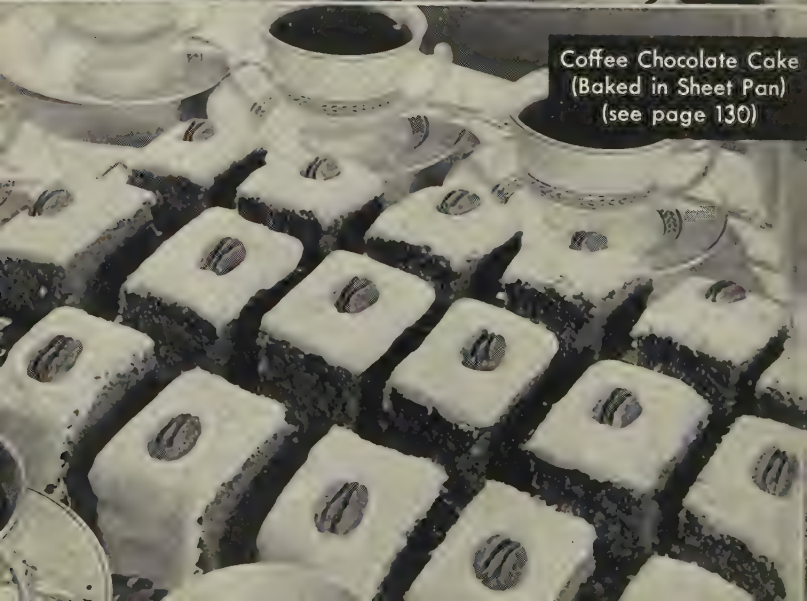
½ cup shortening
1 cup sugar
1 egg
½ cup milk
1½ cups rolled oats
¾ cup quartered raisins
Grated rind 1 orange
1½ cups sifted flour
½ teaspoon salt
2 teaspoons Rumford Baking Powder

Cream shortening with half the sugar, add remaining sugar with beaten egg, then milk, rolled oats, raisins and orange rind, and finally sifted dry ingredients. Drop from the tip of a spoon a little distance apart on greased cookie sheets and bake in moderately hot oven (375° F.) about 12 minutes; 4 dozen.

Butter Layer Cake
with Caramel Frosting
(see pages 126 and 142)

Silver Cake with Rich
Chocolate Filling and Frosting
(see pages 127 and 144)
decorated with Maple
Sugar Leaves

ocolate Cream Roll
(see page 136)



Coffee Chocolate Cake
(Baked in Sheet Pan)
(see page 130)

FUDGE BROWNIES

⅓ cup butter
1 cup sugar
2 eggs, beaten
¾ cup sifted flour
¼ teaspoon salt
½ teaspoon Rumford Baking Powder
2 squares (ounces) unsweetened chocolate
¾ cup chopped nut-meats
1 teaspoon vanilla

Cream butter and sugar; add eggs, then sifted dry ingredients with chocolate and lastly nut-meats and vanilla. Blend thoroughly and spread evenly in greased shallow pan. Bake in moderate oven (350° F.) about half an hour. Cut in squares while still warm. 1 pan 8″ × 8″ × 2″.

"SURPRISES"

½ cup shortening
1 cup sugar
1 egg
1 tablespoon milk
About 2 cups sifted flour
½ teaspoon salt
1½ teaspoons Rumford Baking Powder
1 teaspoon vanilla

Cream shortening until light, gradually beating in sugar, egg, milk and vanilla. Sift and add dry ingredients. Chill, roll out on floured board, cut into rounds and place on half of these any desired filling — chopped nuts and raisins, chopped dates, marmalade, jelly, jelly and coconut, etc. Wet edges slightly, top with second cookie, press it down onto first one and bake in moderate oven (350–375° F.) 10–15 minutes. About 2 dozen.

BROWN SUGAR REFRIGERATOR COOKIES

1 cup shortening
1¼ cups brown sugar
2 eggs
1 teaspoon almond flavoring
⅔ cup blanched shredded almonds
3 cups sifted flour
⅛ teaspoon salt
2 teaspoons Rumford Baking Powder

Cream shortening thoroughly, adding sugar gradually, then add well beaten eggs, flavoring and almonds and lastly sifted dry ingredients, mixing well. Form into a compact roll and wrap in waxed paper. Chill overnight or until needed.

into very thin slices and bake on greased cookie sheets in moderate oven (375–400° F.) 8–10 minutes. 7–8 dozen.

GINGERSNAPS

½ cup butter
½ cup sugar
½ cup molasses
½ cup heavy cream
About 2½ cups sifted flour
½ teaspoon baking soda
⅓ teaspoon each ground cinnamon and cloves
¾ teaspoon ground ginger

Cream butter and sugar until light, add molasses and cream, which has been whipped until thick but not stiff. Combine with dry ingredients twice sifted together. Form into a dough and chill, preferably overnight, in refrigerator. Roll out thin on floured board, cut as desired, and bake on greased cookie sheets in moderate oven (350–375° F.) about 12 minutes. About 6 dozen.

CREAM CHEESE COOKIES

⅔ cup butter
½ cup sugar
2 egg yolks
¼ pound cream cheese
½ cup sour cream
3½ cups sifted flour
2 teaspoons Rumford Baking Powder

Cream butter until light, adding sugar and egg yolks, one at a time. Work in cheese smoothly; add sour cream and sifted flour and baking powder. Chill at least three to four hours. Roll very thin on floured board, cut as desired and bake on ungreased cookie sheets in moderate oven (350–375° F.) about 12 minutes. About 5 dozen.

SUGAR COOKIES

½ cup butter
1 cup sugar
2 eggs
1 teaspoon vanilla
2½ cups sifted flour
½ teaspoon salt
2½ teaspoons Rumford Baking Powder

Cream butter, add sugar gradually; add well beaten eggs and vanilla alternately with sifted dry ingredients. Chill thoroughly, roll out on well floured board and cut with cookie cutter; sprinkle with granulated sugar. Bake on greased cookie

sheets in moderately hot oven (375° F.) 10 minutes. If cut into squares or diamonds with knife or pastry jagger, cookies can all be sprinkled at once with sugar and there need be no re-rolling. This applies to all thinly rolled cookies. 4–5 dozen.

COCONUT KISSES

1¼ cups shredded coconut
⅓ cup sweetened condensed milk
½ teaspoon vanilla
1 egg white

Blend coconut, milk and vanilla thoroughly. Beat egg white until stiff. Combine the two mixtures and drop by teaspoonfuls onto greased cookie sheets. Bake in moderate oven (350° F.) 15–20 minutes. After baking lift carefully from pan with spatula; placing pan on folded damp cloth while removing the kisses helps to avoid breaking. About 2½ dozen.

CEREAL KISSES

2 egg whites
1 cup sugar
⅓ teaspoon salt
½ teaspoon almond extract
1 cup shredded coconut
2 cups flaked cereal

Beat egg whites until light, gradually beat in sugar and salt and continue beating until stiff. Add flavoring and fold in coconut and cereal. Drop from tip of teaspoon onto greased cookie sheets and bake in moderate oven (350° F.) 15–20 minutes. 3 dozen.

DATE STRIPS

2 eggs
½ cup sugar
½ cup sifted flour
1 cup nut-meats, coarsely broken
1 teaspoon Rumford Baking Powder
⅛ teaspoon salt
2 cups sliced pitted dates

Beat eggs and sugar together until very light; add sifted dry ingredients into which dates and nuts have been stirred. Turn into greased shallow pan, having the batter about ¾" thick. Bake in slow oven (325° F.) about 40 minutes. Cut into strips and remove from pan while still warm, then roll in granulated or powdered sugar. These are better if kept several days before used. 1½ to 2 dozen.

ICE CREAMS AND ICES

Definitions

Philadelphia Ice Cream: sweetened, flavored (uncooked) light cream, no added eggs or other thickening, stirred while freezing.

French Ice Cream: rich custard base, stirred while freezing.

Mousse and Parfait: cream mixtures, parfait having added beaten eggs, frozen without stirring.

Biscuit: mousse or parfait mixture frozen in individual paper cases.

Water Ice and Sherbet: fruit juice, sugar (or sugar syrup) and water, stirred while freezing. Gelatine or egg whites are sometimes added to sherbets and milk substituted for water.

Frappé: lightly frozen water ice of coarse texture due to large proportion of salt used in freezing.

GENERAL DIRECTIONS FOR FREEZING IN ICE CREAM FREEZER

For ice creams, sherbets and water ices use three parts finely crushed ice to one part salt, blending these or arranging in layers.

For frappés use equal parts ice and salt.

Pack mousses and parfaits in equal parts ice and salt.

In the preparation of ice cream, after freezer can is in place, filled, and ice and salt packed around, let mixture stand about five minutes, then turn crank steadily, not too fast at first, afterwards increasing speed until freezing is completed, adding more ice and salt as needed. Remove dasher and scrape mixture from sides of can, packing it down firmly. Replace top on can and cover with more ice. Put a piece of burlap or heavy paper over all and set aside to ripen.

Thoroughly chill any mixture to be frozen before placing it in freezer can. Fruits must be well crushed and added when the ice cream is about half frozen, allowing one cup fruit,

nuts or macaroons to each quart of cream. Fill freezer can not more than two-thirds full to allow for expansion.

FREEZING IN AUTOMATIC REFRIGERATOR

When making frozen desserts in the automatic refrigerator follow closely the directions given for your particular unit. Remember always that mixtures rich in cream, such as mousses and parfaits, are best adapted to automatic freezing, little stirring or mixing being needed. Water ices so frozen are apt to be somewhat granular even with the addition of gelatine and beaten egg whites. Special ice cream recipes have been worked out by automatic refrigerator manufacturers and should be carefully followed.

BASIC VANILLA ICE CREAM

3 eggs
¾ cup sugar
⅓ teaspoon salt
2 cups scalded milk
2 cups light cream
2 teaspoons vanilla

Beat eggs with sugar and salt, pour milk over them, stirring while pouring. Place in top part of double boiler and cook, stirring constantly until mixture thickens and coats back of spoon. Cool, strain, add cream and vanilla and freeze. About 1½ quarts.

CHOCOLATE ICE CREAM

Melt 2 squares (ounces) unsweetened chocolate in upper part of double boiler, then add milk and scald.

NUTTED ICE CREAM

Add 1 cup coarsely broken nut-meats (English walnuts, pecans or toasted blanched almonds) when cream is half frozen.

PHILADELPHIA ICE CREAM

1 quart light cream
¾ cup sugar
¼ teaspoon salt
2 teaspoons vanilla

Combine all ingredients, stir until sugar is thoroughly dissolved, then freeze. About 1½ quarts.

PEACH ICE CREAM

Follow recipe for Basic Vanilla or Philadelphia Ice Cream, substituting 1 teaspoon almond extract for vanilla and adding, when half frozen, 2 cups sieved peach pulp — canned peaches with their syrup or fresh cooked sweetened peaches. About 2 quarts.

STRAWBERRY ICE CREAM

Follow recipe for Basic Vanilla or Philadelphia Ice Cream, adding; when half frozen, 2 cups thoroughly crushed sweetened strawberries. About 2 quarts.

CHOCOLATE ICE CREAM

2 squares (ounces) unsweetened chocolate
1 cup sugar
1 quart light cream
¼ teaspoon salt
2 teaspoons vanilla

Melt chocolate in upper part of double boiler, add sugar and 1 cup of the cream and stir over hot water until thoroughly blended. Cool, combine with remaining ingredients and freeze. About 1½ quarts.

BURNT ALMOND ICE CREAM

2 cups milk
2 cups cream
4 egg yolks
¾ cup sugar
¼ teaspoon salt
⅓ cup sugar, additional
1 cup chopped blanched almonds
⅓ teaspoon almond extract

Scald milk and cream and pour over yolks of eggs beaten until light with sugar and salt. Cook in double boiler until mixture thickens and coats back of spoon. Cool. Melt remaining sugar in heavy frying pan over low heat until it liquefies and colors. Add almonds, blend with the caramel, turn onto oiled platter or slab, cool, then crush and add with flavoring to the custard. Freeze. About 1½ quarts.

FROZEN CUSTARD

4 eggs
1 cup sugar
¼ teaspoon salt
1 quart milk, scalded
1 cup cream
1 teaspoon vanilla

Beat eggs with sugar and salt, pour scalded milk over egg

mixture, stirring constantly, return to double boiler and cook, still stirring, until mixture thickens and coats back of spoon. Strain and when cold add cream and vanilla and freeze. About 2 quarts.

BUTTERSCOTCH PARFAIT

⅔ cup brown sugar
2 tablespoons butter
½ cup water
4 egg yolks
1 cup heavy cream, whipped
Few grains salt
2 teaspoons vanilla

Melt sugar and butter in saucepan, stirring constantly to prevent burning, and boil one minute. Add water and cook until butterscotch is smooth and syrupy. Beat egg yolks, add butterscotch syrup slowly, and continue beating. Cook over low heat until light and fluffy. Chill; beat cream until stiff, add salt and vanilla and combine with chilled mixture. Turn into refrigerator tray (or paper cups) and freeze without stirring. Or turn into a mold, cover, seal and bury in equal parts of ice and salt for at least four hours. Serves 4.

BISCUIT TORTONI

½ cup crushed macaroons
1 cup light cream
¼ cup sugar
2 tablespoons sherry
1 cup heavy cream, whipped

Combine macaroons and cream and let stand for one hour, then add sugar and sherry and half freeze. Fold in cream, whipped until stiff, turn into small individual paper cups, top with additional crushed macaroons and complete freezing. Serves 6.

RASPBERRY ICE

1 pint raspberry juice
2 cups sugar
1 quart water
Juice of 2 lemons

Crush and heat raspberries then press through fine sieve or cheesecloth to keep back seeds. Boil sugar with half the water five minutes, add remaining water and fruit juices, chill and freeze.

Part currant juice may be substituted for an equal amount of raspberry juice if desired. About 2 quarts.

MILK SHERBET

Juice of 2 lemons
1½ cups sugar
1 quart milk
Grated rind of 1 lemon

Combine lemon juice and sugar, stir until sugar is dissolved, blend with milk and lemon rind and freeze. The curdled appearance will disappear in freezing. About 1½ quarts.

CRANBERRY SHERBET

1 pound (4 cups) cranberries
2½ cups water
1 envelope gelatine
½ cup cold water
⅓ cup lemon juice
2 cups sugar

Cook cranberries and water ten minutes. Strain, pressing through sieve as much as possible of the pulp. Add sugar and gelatine softened in cold water and stir until thoroughly dissolved, reheating if necessary. Cool, add lemon juice, turn into refrigerator tray and freeze until set, beating once during the freezing. Serves 6.

ORANGE SHERBET

1½ cups sugar
1 cup water
1 envelope gelatine
2 tablespoons cold water
2 egg whites
2 tablespoons sugar, additional
2 cups orange juice
3 tablespoons lemon juice

Boil sugar and water together five minutes; add gelatine softened in the 2 tablespoons water, stir until dissolved and cool. Beat egg whites until light, adding the 2 tablespoons of sugar and continuing beating until stiff. Combine with syrup, add orange and lemon juice, turn into refrigerator tray and freeze until set, then turn out into a bowl, beat vigorously and return to refrigerator to complete freezing. Serves 6.

GOLDEN PARFAIT

½ cup sugar
½ cup water
2 egg yolks
1 teaspoon gelatine
2 tablespoons cold water, additional
Few grains salt
1 cup heavy cream, whipped
1½ teaspoons vanilla

Boil sugar and water to thread stage (230° F.) then pour

slowly over beaten egg yolks, beating while pouring. Soften gelatine in cold water, add to first mixture with salt, and stir until gelatine is dissolved, then cool and chill in refrigerator tray. Fold in whipped cream and flavoring; return to refrigerator tray and complete freezing; or turn into a mold, cover, seal and bury in equal parts of ice and salt for four hours. Serve in tall parfait glasses, garnishing with whipped cream and topping with a maraschino cherry. Serves 6.

COFFEE PARFAIT

Follow recipe for Golden Parfait, substituting double strength coffee for the ½ cup water.

VANILLA MARLOW

1 cup milk
1 egg
20 marshmallows
1 cup cream, whipped
½ teaspoon salt
1 teaspoon vanilla

Scald milk in upper part of double boiler, add beaten egg and cook two minutes, stirring constantly. Dissolve marshmallows in this custard, cool, then combine with whipped cream, salt and vanilla. Turn into refrigerator tray and freeze. Serves 6.

COFFEE MARLOW

Scald ⅓ cup ground coffee (loosely tied in cheesecloth) with the milk in the Vanilla Marlow recipe.

MAPLE PARFAIT

1 cup maple syrup
4 egg yolks
2 cups heavy cream
1 teaspoon vanilla

Heat syrup, then pour slowly over beaten egg yolks and cook in upper part of double boiler, stirring constantly, until thick. Cool, fold in whipped cream and vanilla and freeze in refrigerator tray. Or pour into mold, cover, seal closely and bury in equal parts of ice and salt. Serves 6.

CANNING, PRESERVING & PICKLING

In all food preservation there are four rules for success:

1. All products used must be perfect.
2. Absolute cleanliness must be observed throughout.
3. All containers, covers, rubbers and equipment should be sterilized immediately before using. (Self-seal jar lids or rubbers must be new each year.)
4. Seal promptly and cool quickly.

The Canning of Fruits and Vegetables

Open Kettle Method

By this, food is cooked directly in an open vessel, then packed boiling hot in sterilized containers and sealed immediately. Only fruits, tomatoes, preserves, conserves and pickles can be successfully preserved by this method; all other foods must be processed (cooked) in the container.

Hot and Cold Pack Method (Cooked in the Can)

For practically all vegetables as well as many fruits science is on the side of the hot pack. This simply means heating fruit in its own juice or in a syrup or heating vegetables with water, in order to shrink them so that a larger quantity per unit can be packed than with a raw cold product.

Methods of Processing

Hot Water Bath

Any container equipped with a tightly fitting cover to retain steam and deep enough to allow for two inches of water to come across the tops of the jars will serve. Provide a rack

Time Table for Canning Fruits

Product	Method of Treatment Before Processing	Processing Period In Water Bath Canner at 212° F.	Processing Period In Heat Controlled Oven
		Pint and quart glass jars	*Pint and quart glass jars*
Rhubarb	Wash: cut in ½ inch length. Add one-fourth as much sugar as rhubarb by measure. Bake until tender in covered baking dish. Pack hot in containers. Or pack uncooked with boiling thick syrup.	5 Minutes. 20 Minutes.	
Strawberries	Wash and stem. To each quart add 1 cup sugar and 2 tbsps. water. Boil slowly for 15 min. Let stand overnight in kettle. Reheat to boiling. Fill containers hot.	5 Minutes.	35 Minutes — 275° F.
Pineapple	Peel, core, remove eyes. Cut into convenient sections. Pack in containers. Fill with boiling medium syrup.	30 Minutes.	45 Minutes — 275° F.
Cherries	Pit or not as preferred. Pack in containers, cover with boiling thick syrup for sour cherries, and medium syrup for sweet. Or pit, add medium syrup, boil 7 min. and pack.	25 Minutes. 5 Minutes.	30 Minutes — 275° F. 30 Minutes — 275° F.
Apricots and Peaches	Scald in boiling water, dip in cold water, peel. Cut into size desired, removing pits. Fill containers, then add syrup of desired consistency, in which 1 cracked pit for each quart of syrup has been boiled. Apricots may be peeled or not as desired; always peel peaches.	15–20 Minutes for ripe fruit. 30 Minutes for firm fruit.	35 Minutes — 275° F.
Berries: Black Blue Huckle Raspberries	Wash, drain, stem, pack in containers. Fill with boiling hot medium syrup. Or pre-cook in medium syrup 7 min. and pack hot.	20 Minutes. 5 Minutes.	35 Minutes — 275° F. 35 Minutes — 275° F.
Pears	Pare, leave whole or cut in halves and core. Cook 4 to 8 min. in boiling medium syrup. Pack hot in containers and fill with the boiling syrup.	20 Minutes.	35 Minutes — 275° F.
Plums	Wash and prick. Fill containers. Cover with boiling medium syrup. Or bring to boil, using sugar as desired. Fill hot into containers.	20 Minutes. 5 Minutes.	45 Minutes — 275° F. 45 Minutes — 275° F.
Tomatoes	Scald in boiling water and peel. Pack whole or cut in pieces. Cover with hot tomato juice. Add 1 tsp. salt to each quart.	45 Minutes.	45 Minutes — 275° F.

Note: The times given for processing in boiling water and in a heat controlled oven apply only to places with altitudes of 1000 feet or less. For all altitudes above 1000 feet the time should be increased 20 per cent for each additional 1000 feet.

When half-gallon glass jars are used, add 5 minutes to times given for pint and quart glass jars.

Time Table for Canning Vegetables with Steam Pressure Canner

Product	Method of Treatment Before Processing	Processing Period in Steam Pressure Cooker or Canner	
		Quart Glass Jars	*Pint Glass Jars*
Asparagus	Scale, wash, cut off inedible stalks. Tie in uniform bundles, place in saucepan with boiling water over lower tough portion, cover tightly, boil 2 to 3 min. Pack hot into containers.	40 Minutes at 10 lbs. Pressure or 240° F.	35 Minutes at 10 lbs. Pressure or 240° F.
	Or cut in ½ inch lengths, bring to boil in water to cover, pack hot.	40 Minutes at 10 lbs. Pressure or 240° F.	35 Minutes at 10 lbs. Pressure or 240° F.
String Beans	Pick over, string, wash. Boil 5 min. with water to cover. Pack hot in containers.	40 Minutes at 10 lbs. Pressure or 240° F.	35 Minutes at 10 lbs. Pressure or 240° F.
Lima Beans	Can only young and tender beans, following method suggested for peas.	60 Minutes at 10 lbs. Pressure or 240° F.	55 Minutes at 10 lbs. Pressure or 240° F.
Baby Beets	Can only young tender beets. Scrub and scald in boiling water or steam until skins slip easily. Skin, pack in containers hot.	40 Minutes at 10 lbs. Pressure or 240° F.	35 minutes at 10 lbs. Pressure or 240° F.
Carrots	Wash well, boil 5 min., dip in cold water, scrape. Pack whole.	40 Minutes at 10 lbs. Pressure or 240° F.	35 Minutes at 10 lbs. Pressure or 240° F.
Corn	Shuck, silk and clean carefully. Cut off kernels without precooking. Add half as much boiling water as corn by weight, heat to boiling and pack hot into containers.	80 Minutes at 15 lbs. Pressure or 250° F	75 Minutes at 15 lbs. Pressure or 250°F.
Greens, including Spinach	Pick over; wash thoroughly. Steam or heat in covered vessel until completely wilted, using just enough water to prevent burning. Pack hot into containers, being careful that greens are not packed too solidly and that there is liquid or boiling water to cover.	65 Minutes at 15 lbs. Pressure or 250° F.	60 Minutes at 15 lbs. Pressure or 250° F.
Peas	Use only tender young peas, Shell, wash, bring to boil with water to cover and pack hot into containers.	55 Minutes at 10 lbs. Pressure or 240° F.	45 Minutes at 10 lbs. Pressure or 240° F.
Pumpkin and Squash	Seed and peel. Cut into cubes, add a small quantity of water and bring to a boil. Stir while heating through. Pack hot into containers.	75 Minutes at 15 lbs. Pressure or 250° F.	60 Minutes at 15 lbs. Pressure or 250° F.
Sweet Potatoes	Boil or steam until skins slip off readily. Peel quickly and pack hot into containers.	120 Minutes at 10 lbs. Pressure or 240° F.	95 Minutes at 10 lbs. Pressure or 240° F.

Note: Pack vegetables as nearly boiling hot as possible, using additional boiling water (if necessary) to cover vegetables in jar. Add 1 teaspoon salt to a quart for all vegetables, and 2 teaspoons sugar, if desired, to corn. Place jars in hot canner as soon as they are filled.

to raise the jars from the bottom of the bath. Processing time starts as soon as the water boils vigorously.

Oven Processing

Do not attempt oven canning without controlled oven heat. Set regulator at desired temperature and preheat oven. It must not be lower than 250° F. nor exceed 275° F. Remember that oven processing takes longer than the water bath method as indicated in chart.

Steam Pressure Processing

This method is conceded to be the only adequate medium for the processing of the non-acid vegetables. Ten pounds pressure means 240° F.; fifteen pounds pressure means 250° F. Obviously, then, more perfect sterilization is assured by this method than by the other. Processing under pressure may also be used for fruits, but is not recommended because the high temperature is apt to break down the tender fruit tissues.

Table of Syrups for Fruit Canning

Light syrup:	**1 cup sugar to 3 cups water**
Medium syrup:	**1 cup sugar to 2 cups water**
Heavy syrup:	**1 cup sugar to 1 cup water**

Boil sugar and water together until sugar is dissolved. Part or all fruit juice may be substituted for an equal amount of water.

SEALING AND CARE AFTER PROCESSING

In every instance follow exact directions which come with your type of container and cover as regards sealing. Where necessary make all adjustments immediately after processing.

Be careful to lift jars from canner by the jar, not by the cover, in order to preserve seal. Also place on folded cloth on table or board, not on cold surface. Cool right side up and invert when cold as test for possible leakage. In case of leakage either re-can, reprocessing for full length of time originally used, or use contents immediately.

Wipe thoroughly, label and store in cool, dry, dark place.

JELLY MAKING

When making jelly without added pectin select fruit which is slightly under ripe, perfect and dry. Acid fruits (apples, currants, plums, quinces, etc.) are most suitable as they contain more pectin, the jellying principle, than the sweeter varieties.

Where commercial pectin is used the fruit may be of any variety, fresh, canned or dried, fully ripe and rich or lacking in pectin. The pectin method is safe, speedy and highly satisfactory, *but* individual rules (worked out by the manufacturer and which come with each container) must be followed exactly. These, though, are very simple. A larger amount of sugar than usual is called for with pectin recipes, but remember that due to the short boil the result is a greater number of glasses of jelly, better flavor and color and infinitely less expenditure of time and labor.

CURRANT or GRAPE JELLY

Pick over fruit carefully, place in preserving kettle and crush to liberate juices. Heat until these flow freely, then drip through jelly bag or cloth previously wrung out of cold water. Measure juice, heat to boiling point and boil five minutes. Add heated sugar (cup for cup proportions), stir to avoid scorching and boil rapidly to jellying point (220–222° F.). Skim, turn into sterilized glasses and seal immediately with hot paraffin.

If a thermometer is not available, test by dipping spoon into the boiling syrup — if it sheets and two drops hang together from edge of spoon, jelly is done.

APPLE, CRABAPPLE or QUINCE JELLY

Wash, wipe and stem fruit, remove blossom ends from apples and quinces and rub quinces with rough cloth to remove fuzz, but do not peel or core. Cut up fruits with silver knife, add water almost to cover, cook slowly (covered) until tender; strain through jelly bag. Measure juice, boil 20 minutes, add heated sugar (¾ cup to each cup of juice), boil five minutes,

test for jellying. Skim, turn into sterilized glasses and seal immediately with hot paraffin.

STORAGE OF JELLIES

When cold cover glasses with tin covers or adhesive paper seals and label. Store in a cold dark place free from heat.

PRESERVED RHUBARB

4 pounds sugar
Water
Rind of 1 lemon or 1 ounce whole ginger, if desired
6 pounds rhubarb

Make a syrup of the sugar with just enough water to prevent burning and add the lemon, or ginger if used. Wipe rhubarb, cut into two-inch lengths and cook a little at a time gently in the syrup, lifting out into sterilized jars as soon as tender. When all rhubarb is done boil syrup down rapidly until thick, pour over fruit and seal.

CRANBERRY CONSERVE

4 cups cranberries
1 cup water
1 cup halved seeded raisins
2½ cups sugar
2 oranges
1 cup chopped nut-meats

Wash and cook cranberries with water until all skins burst. Press through sieve, add raisins, sugar and oranges either cut very small or passed through food chopper. Cook 15 minutes, stirring frequently, stir in nuts, turn into sterilized glasses and seal.

SPICED GRAPES

8 pounds grapes
1 quart mild vinegar
6 inches stick cinnamon
1 tablespoon whole cloves
2 blades mace
4 pounds sugar

Slip skins from grapes, cook pulp with vinegar and spices (tied in cheese cloth) until soft. Press through fine sieve, add skins and return to the fire. When boiling, add sugar and bag of spices and simmer, stirring frequently, until thick. Remove spices, turn into sterilized glasses and seal.

GINGER PEARS

½ pound green ginger, scraped and chopped
Juice and shredded rind of 4 oranges and 3 lemons
8 pounds sugar
1 pint water
8 pounds pears weighed after paring and coring

Cook ginger, orange and lemon rind with a pint of water until tender; then add sugar, orange and lemon juice; cook until sugar is dissolved; put in pears chopped coarsely, and cook very slowly for two hours. Turn into sterilized glasses and seal. If preferred the ginger may be tied in cheese cloth and discarded after the cooking is completed.

MIXED FRUIT CONSERVE

3 pounds plums
1 cup water or pineapple juice
4 pounds sugar
1 pound seeded raisins
1 quart diced pineapple, canned or fresh
Grated rind and juice 1 orange and 1 lemon
1½ cups chopped nut-meats

Pit plums, then cook with water or pineapple juice for twenty minutes. If fresh pineapple is used, cook with plums — canned pineapple may be added with raisins. Add sugar, raisins and pineapple and simmer until thick. Stir in orange and lemon rind and juice and cook ten minutes longer. Add nuts, turn into sterilized glasses and seal.

ORANGE MARMALADE

1 dozen oranges
Sugar
Water
If oranges are sweet, 1 lemon to each 4 oranges

Wash oranges and cut into thinnest possible slices, discarding seeds. Cover with cold water, using one pint of water to each pound of fruit and set aside overnight. In the morning bring to boiling point and cook very slowly until skins are sufficiently tender to be easily pierced by the head of a pin. When cold, weigh again and add one and one-half pounds of sugar for each pound of fruit and juice. Cook until thick and transparent, stirring frequently. Turn into sterilized glasses and seal.

The bitter tang found in English Marmalade is due to the fact that Seville oranges are used in making it. These bitter oranges, however, are not always obtainable.

1-2-3 MARMALADE

1 orange
1 lemon
1 grapefruit
12 cups water
Sugar

Wash and slice all fruit as thin as possible, discarding seeds and any tough fiber. Add water and set aside overnight. Bring slowly to boiling point, cool and repeat boiling on three successive days. Measure, add one pound sugar to each pint fruit and juice, cook slowly until fruit is clear and juice almost at jellying point. Turn into sterilized glasses and seal.

MIXED SWEET PICKLES

2 quarts green tomatoes
3 green peppers
3 red peppers
1 quart tiny white onions
1 quart pickling cucumbers
2 cups sugar
3 pints vinegar
1 teaspoon whole cloves
2 inches stick cinnamon
2 bay leaves

Wash tomatoes, remove stems and slice very thin. Remove seeds and white connecting fiber of peppers, wash and cut into strips. Scald and peel onions. Place with washed cucumbers in large jar and cover with brine (¼ cup salt to 1 quart water). Let stand overnight, drain, rinse with clear water, combine with sugar, vinegar and spices (loosely tied in cheese cloth) and simmer ten minutes. Drain thoroughly and place in sterilized jars. Cook down syrup until thick and while still scalding hot pour over pickle mixture; seal.

CHOPPED RAW PICKLES

2 quarts tomatoes
⅔ cup grated horseradish
2 large onions
2 heads celery
2 red peppers
1 cup sugar
⅔ cup salt
½ cup mustard seed
½ teaspoon each ground cinnamon, cloves, ginger and mace
1 quart vinegar

(*over*)

Peel and chop tomatoes, add horseradish, then onions, celery and peppers, all chopped. Mix well, and stir in sugar, salt, mustard seed and spices. Pour vinegar over and mix thoroughly. Turn into large crock, cover and keep at least two weeks before using.

GREEN TOMATO PICKLES

½ bushel green tomatoes
½ peck onions
2 cups salt
9 green peppers
1 teaspoon ground cloves
1 stick cinnamon
1 teaspoon ground mace
½ cup whole peppercorns
2 tablespoons mustard
5 pounds brown sugar
3 quarts vinegar

Slice onions and tomatoes, sprinkle salt over them and let stand overnight. Drain, add peppers, seeded and sliced, together with all remaining ingredients. Cook gently one hour, stirring frequently. Turn into sterilized jars and seal.

MUSTARD PICKLES

24 small cucumbers
1 quart very small onions
2 cauliflowers
2 quarts green tomatoes
6 green peppers
½ pound mustard
½ ounce turmeric
¾ cup flour
1 cup sugar
3½ quarts vinegar

Leave onions whole and cut remaining vegetables small. Let stand overnight in brine to cover (¾ cup salt to each quart water). In the morning scald all together, then drain thoroughly. Blend mustard, turmeric, flour and sugar smoothly with one pint of the vinegar, add this to the three quarts of vinegar which has been brought to boiling point. Cook 20 minutes stirring constantly, add vegetables and, when cold, turn into sterilized jars and seal.

CHILI SAUCE

2 dozen tomatoes
3 green peppers
3 onions
½ cup sugar
2 tablespoons salt
1 tablespoon each ground cloves, nutmeg, ginger and allspice
1 quart vinegar

Scald and peel tomatoes and cut small; seed and chop peppers; peel and chop onions. Combine with all remaining ingredients and cook very slowly, stirring occasionally, for three hours. Turn into sterilized jars or wide-mouthed bottles and seal.

BREAD AND BUTTER PICKLES

24 medium-sized cucumbers
6 onions, peeled
1 quart mild vinegar
2 cups brown sugar
2 teaspoons celery seed
2 teaspoons cassia buds
1 teaspoon mace
¼ teaspoon cayenne
1 teaspoon turmeric

Wash cucumbers, slice them and onions very thin, soak overnight in brine to cover (¾ cup salt to each quart water). Scald together vinegar, sugar, spices and seasonings; add well-drained cucumbers and onions and simmer 20 minutes. Turn into sterilized jars and seal.

PICKLED PEACHES

2 pounds sugar, preferably brown
1½ pints vinegar
3 or 4 sticks cinnamon
4 quarts peaches
Cloves

Boil sugar, vinegar and cinnamon together for 15 minutes. Scald peaches by dipping for a moment in boiling water; rub off skins with a cloth. Stick two cloves in each peach and cook, a few at a time, in the syrup until tender; lift gently into sterilized jars. Boil syrup ten minutes after fruit is done, and pour over peaches in jars and seal.

TOMATO CATSUP

8 quarts ripe tomatoes
2 sliced peeled onions
1 quart vinegar
1 cup light brown sugar
3 tablespoons salt
1 teaspoon cayenne
1 tablespoon dry mustard
¼ cup mixed pickling spices

Wash tomatoes, remove stems and all imperfections. Cut up; add onions and vinegar and cook until soft. Strain, press-

ing all possible pulp through sieve. Add sugar, seasonings, and spices (tied loosely in cheese cloth) and cook rapidly until thick, stirring frequently. Slow cooking darkens catsup. Remove spices, turn into sterilized jars or bottles and seal.

RUMMAGE PICKLES

1 small cabbage, core removed
3 large onions, peeled
2 quarts green tomatoes
1 quart red tomatoes
1 large ripe cucumber
3 small bunches celery
3 red peppers, seeded
3 green peppers, seeded
½ cup salt
3 pints vinegar
2 pounds brown sugar
1 teaspoon dry mustard

Prepare vegetables according to their individual needs, chop and blend. Sprinkle with salt and let stand overnight. Drain and rinse with clear water. Add vinegar, sugar and mustard and cook gently about one hour. Turn into sterilized jars and seal.

SPECIALTIES

SPECIALTIES

The following recipes really come under the head of "specialties." For the most part they can be prepared at table on chafing dish or table grill. A few, however, need benefit of the kitchen range. This doesn't mean that only this group of recipes is suited to table cookery for any food which can be cooked quickly in frying pan, saucepan, double boiler or broiler may be prepared equally well at table, while alternatively any chafing dish or table grill recipes may also be cooked in the kitchen.

One word of warning — place a heavy tray under the cooking equipment just in case of accident and see that all ingredients, seasonings, etc. are at hand that no time may be wasted once the cooking is started.

WELSH RAREBIT

1½ pounds cheese, cut small
1 tablespoon butter
½ cup milk
1 teaspoon dry mustard
1 tablespoon Worcestershire sauce
⅓ teaspoon pepper or a dash of cayenne
1 egg

Heat cheese in upper pan of chafing dish having water in lower pan. When soft and creamy add butter, milk and seasonings. Cook until smooth and just before serving stir in the egg, slightly beaten. Pour over unbuttered toast and serve immediately. Serves 4.

CHEESE FONDUE

1 cup soft bread crumbs
1 cup scalded milk
3 eggs, separated
1½ cups diced or grated cheese
1 tablespoon butter
½ teaspoon dry mustard
Salt if needed

Add crumbs to milk, let stand five minutes, then add well beaten egg yolks, cheese, butter, mustard and salt, if used.

Fold in stiffly beaten egg whites, turn into well buttered baking pan (or individual dishes) and bake in moderate oven (350° F.) 25 minutes if in one dish; about 15 to 20 minutes, if in individual dishes. Serves 4.

EGGS BENEDICT

2 English muffins **4 eggs, poached**
4 rounds cooked ham, sautéed **Hollandaise Sauce**

Split, toast and butter the muffins, arrange a round of ham on each half, topping with a poached egg. Pour a spoonful of Hollandaise (see page 46) over and serve immediately. (A tablespoon of cream added to the Hollandaise will make it pour more easily.)

Thick slices sautéed tomato may be substituted for the ham, and Béchamel Sauce to which a teaspoon minced herbs and a teaspoon minced parsley have been added, for the Hollandaise. Serves 4.

PIGS IN BLANKETS

1 dozen large oysters **1 dozen thin slices bacon**
Pepper and lemon juice

Pick over the oysters carefully, pat dry, roll each in a slice of bacon and fasten with a small skewer. Cook in a hot chafing dish until bacon is crisp. Season and serve very hot. Serves 2.

MINCED CLAMS

1 pint shucked soft clams **⅔ cup clam liquor**
4 tablespoons butter **2 tablespoons chopped parsley**
Salt, pepper and lemon juice

Drain and mince clams, saving all liquor. Melt butter, add both clams and liquor and simmer three minutes. Add parsley and lemon juice, season and serve on toast. Serves 4.

SAVORY LOBSTER

Meat of one 2–3-pound boiled lobster **⅓ cup chili sauce**
1 tablespoon chopped parsley
¼ cup butter **1 tablespoon lemon juice**
¼ teaspoon salt

Cut lobster meat into large dice. Heat all remaining ingredi-

ents in chafing dish, add lobster meat, simmer five minutes, turning the lobster about in the sauce while heating. Serve piping hot. Serves 2–3.

LOBSTER NEWBURG

4 tablespoons butter
Meat of one 2-3-pound boiled lobster
2 tablespoons flour
1½ cups milk
Salt and paprika
Slight grating of nutmeg
½ cup cream
2 egg yolks
2 tablespoons sherry

Melt half the butter and cook lobster in it for three minutes. Remove lobster, add remaining butter and blend flour smoothly with it. Scald and add milk and bring again to boiling point, stirring constantly. Add seasonings and lobster, cook five minutes, beat and add cream, egg yolks, and sherry. Cook two minutes without boiling and serve on toast. Serves 4.

SHRIMPS NEWBURG

Proceed as directed for Lobster Newburg substituting 2 cups fresh cooked or canned shrimps.

CRABMEAT NEWBURG

Proceed as directed for Lobster Newburg substituting 2 cups crabmeat for the lobster.

CHICKEN À LA KING

1 cup peeled sliced mushrooms
1 tablespoon minced green pepper
¼ cup butter
3 tablespoons flour
1¼ cups milk
1½ cups diced chicken
1 teaspoon salt
¼ teaspoon paprika
Yolks of 2 eggs
¼ cup cream
1 tablespoon lemon juice

Sauté mushrooms and green pepper for five minutes in half the butter. Meanwhile prepare a cream sauce with remaining butter, flour and milk. Combine the two mixtures, add chicken and seasonings, heat thoroughly, preferably over hot water, and just before serving add beaten egg yolks, cream and lemon juice. Serve on toast. Serves 4.

SAUTÉED CHICKEN WITH HERBS

1 three-lb. chicken
2 tablespoons flour
¼ teaspoon pepper
¾ teaspoon salt
4 tablespoons butter
2 tablespoons mixed herbs
1 tablespoon minced onion
½ cup white wine
¾ cup sour cream

Cut up chicken as for frying, roll in seasoned flour and brown in the butter. Blend herbs (parsley, tarragon, thyme, savory or any other desired combination), sprinkle over chicken with onion and half the wine, cover closely and cook until tender either over a low flame or in a moderate oven (350° F.). Arrange chicken on platter, then heat in same pan the remaining wine with the sour cream and pour over chicken. Serves 4.

SAVORY HAM

8 slices cold cooked ham
Juice 2 lemons
2 teaspoons Worcestershire sauce
1 tablespoon sugar
1 teaspoon dry mustard
¼ teaspoon paprika
2 tablespoons minced parsley
1 tablespoon minced green pepper

Have ham cut rather thin and blend all remaining ingredients. Place one slice of ham in a deep dish, cover with a spoonful of the seasonings and proceed in this way until all ingredients are used. Set aside for two hours to marinate, basting the ham occasionally with the liquid in the dish. Sauté ham in a little hot butter, heat seasonings in what butter remains in the pan and pour over ham. Serve very hot. Serves 4.

LAMB TERRAPIN

3 tablespoons butter
1 teaspoon dry mustard
2 tablespoons flour
½ teaspoon salt
1½ cups stock
¼ cup cream
1 tablespoon Worcestershire sauce
2 cups diced cold lamb
2 diced hard-cooked eggs
2 tablespoons sherry

Melt butter, add mustard, flour and salt and when smoothly blended, add stock, cream and Worcestershire sauce. Bring

to boiling point and cook five minutes. Add meat and eggs, heat thoroughly, but do not boil. Stir in wine and serve immediately on hot toast. Serves 3–4.

BARBECUE SAUCE FOR MEATS

½ cup butter
1 large onion, minced
3 tablespoons vinegar
1 cup chili sauce
1 cup water
2 tablespoons brown sugar
2 tablespoons Worcestershire sauce
1 teaspoon dry mustard
1 teaspoon salt
½ teaspoon black pepper
⅛ teaspoon cayenne

Melt butter and cook onion in it for three minutes. Add all remaining ingredients, simmer about 20 minutes or until thick, stirring occasionally. Use to baste cooking and as an accompanying sauce when serving.

If desired a peeled clove of garlic may be simmered in the sauce, removing before serving. About 1½ cups.

DEVILED TOMATOES

4 tomatoes, sliced
⅓ cup butter
4 tablespoons butter, additional
2 teaspoons sugar
1 teaspoon mustard
1 egg and
1 hard-cooked egg yolk
¼ cup mild vinegar
Salt and pepper

Cook tomatoes in the first butter until tender and keep hot while preparing the sauce. For this, add remaining butter with sugar and mustard to any butter left in pan in which tomatoes were sautéed. As soon as blended add the raw egg and hard-cooked egg yolk with vinegar and seasonings and cook over hot water until thick. Pour over tomatoes and serve very hot. Serves 2–3.

SANDWICHES

Bread for sandwiches should be not less than twelve hours old, rather close grained and of such shape as to cut without waste. Although crusts are frequently left on for family and picnic sandwiches, for party service these are always removed and if this is done before spreading, the crusts are available for stuffings, crumbs, etc.

Cream butter as for cake making. Spread either before or after slicing but be sure to keep slices together in their order that they may fit after filling.

SAVORY BUTTER SANDWICHES

Use any preferred bread, cut quite thin, remove crusts and spread with any of the following savory butters.

To ½ cup well-creamed butter, add for

Anchovy Butter. 1 teaspoon anchovy paste and a dash of cayenne.

Herb Butter. 1 tablespoon finely minced fresh mint, tarragon, rosemary or any preferred herb.

Cheese Butter. ⅓ cup grated cheese, 1 teaspoon mixed mustard and 1 teaspoon Worcestershire sauce.

Shrimp Butter. ¼ cup finely minced shrimps, fresh cooked or canned, a slight grating of nutmeg and a few drops of lemon juice.

Parsley Onion Butter. 1 tablespoon finely minced parsley and a few drops onion juice.

Olive Butter. 2 tablespoons finely minced olives, plain or stuffed.

Pimiento Butter. 2 tablespoons sieved canned pimiento.

Cut into fingers, triangles or squares.

ROLLED SANDWICHES

Use very fresh bread, decrusting before slicing. Spread first with creamed butter, then with any preferred soft filling — deviled ham, crushed hard-cooked egg, cream cheese, any of the fish or meat pastes — all well seasoned and moistened with light cream or mayonnaise. Roll up, fasten with toothpicks and chill, preferably wrapping in a damp cloth before placing in the refrigerator. Remove picks before serving.

These sandwiches may be brushed lightly with melted butter, then placed in a very hot oven or under the broiler to toast.

Another variety of the rolled sandwich is one where buttered fresh bread is rolled around a spray of watercress, a short stalk of celery (plain or stuffed), or a tip of cooked asparagus, any of these being first dipped into French dressing for greater flavor.

PINWHEEL SANDWICHES

Proceed exactly as for rolled sandwiches except that the bread is to be cut lengthwise of the loaf, then after rolling and chilling, slice down with a very sharp knife. It is best here to use fillings which will sharply contrast in color with the bread used.

CHECKERBOARD SANDWICHES

Cut an equal number of slices of white and Graham bread about half an inch thick. Remove crusts, spread bread generously with creamed butter, plain or flavored, and place five alternate dark and light slices together, always having buttered side of top and bottom slices turned inward. Make a second group of five slices, reversing the order of the bread. Wrap tightly in damp cloth and chill.

Butter and cut half inch thick slices from each striped group, placing these together alternately, so that the colors of the bread again alternate. Wrap tightly in a damp cloth, chill and cut into thin slices for serving.

RIBBON SANDWICHES

Proceed exactly as for Checkerboard Sandwiches stopping when the plain ribbon stripes are formed. Wrap and chill as directed, then slice thinly for serving.

PATTY SANDWICHES

Cut thin rounds of buttered bread, removing centers from half of these with smaller cutter. Spread rounds with any desired soft filling — cream cheese, turkey, ham, tongue or chicken moistened with mayonnaise, etc. Cover with the "ring slices" and garnish with stuffed olives.

SANDWICH LOAF

Remove crusts from a loaf of fresh white bread, cut into five lengthwise slices. Spread each of four slices generously with a different flavored butter, top with the fifth slice. Chill for half an hour, then "frost" with cream cheese beaten until smooth and moistened with a little sweet or sour cream. Sprinkle with minced parsley and garnish with sliced olives and pickles. Chill again at least one hour before serving. Slice at table.

MONACO SANDWICHES

2 hard-cooked egg yolks
3 tablespoons butter, creamed
Dash of pepper
½ cup minced canned salmon or shrimps
Buttered Graham or brown bread

Press egg yolks through sieve, then blend with creamed butter, pepper and minced fish. Use as filling for slices of buttered Graham or brown bread. Serves 4.

CUCUMBER SANDWICHES

2 cucumbers
1 teaspoon onion juice
Salt and pepper
⅓ cup mayonnaise
Buttered whole wheat or Graham bread

Peel cucumbers and discard coarse seeds. Chop cucumbers finely and squeeze in a cloth. To drained pulp add onion juice,

seasonings and mayonnaise and use as filling for slices of buttered whole wheat or Graham bread. Serves 4.

CHEESE AND GREEN PEPPER SANDWICHES

2 green peppers
½ pound cheese
1 teaspoon Worcestershire sauce
1 teaspoon mixed mustard
White Bread

Remove seeds from peppers and pass, with cheese, through food chopper. Add Worcestershire sauce and mustard and use as filling for slices of white bread. Toast slowly and serve very hot.

CLUB SANDWICHES

Buttered toast
Sliced white meat of chicken
Broiled bacon
Lettuce
Sliced tomato
Salt and pepper
Mayonnaise

Arrange on toast first chicken, lightly seasoned, next bacon, then lettuce, tomato and mayonnaise. Top with second slice of toast and cut sandwiches through diagonally. Garnish with stuffed olives and pickle fans.

BOSTON SANDWICHES

Spread Boston Brown or Graham bread with creamed butter and fill with hot baked beans seasoned with mustard and chili sauce, laying two slices crisp bacon over the beans.

HOT MAPLE NUT SANDWICHES

Split thin hot Rumford Baking Powder Biscuits (see page 101), spread with butter and fill with shaved or grated maple sugar blended with one-half its bulk of finely chopped toasted almonds or chopped black walnuts, moistened with heavy cream.

CREAM CHEESE AND GINGER SANDWICHES

1 package cream cheese
3 tablespoons finely chopped candied ginger
Grated rind 1 orange
Orange juice to moisten
White, nut or date bread

Combine first four ingredients and use as filling for buttered white, nut or date bread, cutting into desired shapes. Serves 4–6.

ORIENTAL SANDWICHES

1 cup shredded coconut
¼ cup finely chopped dates
2 tablespoons honey
3 tablespoons thick cream
1 teaspoon grated orange rind
Orange, nut, Graham or white bread

Combine first five ingredients and use as filling for buttered orange, nut, Graham or white bread, cutting into desired shapes. Serves 4–6.

CONFECTIONS

It is best to use a thermometer when making candy as this insures absolute accuracy. The important temperatures in candy making are:

Thread . . .	**230° F.**	**Light Crack . .**	**265–270° F.**
Soft Ball . .	**238° F.**	**Crack . . . .**	**290° F.**
Hard Ball . .	**254° F.**	**Hard Crack . .**	**310° F.**

Always put the thermometer into the cooking syrup before this reaches boiling point to avoid risk of breakage. After using it place in hot water and allow it to cool slowly.

Failing a candy thermometer the "cold water" test must be relied on but remember to take the candy off the fire while testing, otherwise it would quickly reach a higher temperature which might easily spoil it.

In beating or creaming use a large wooden spoon, never a rotary beater. Tilt the pan and beat vigorously.

Cook candy over a moderate heat and always use a large saucepan when there is cream in the mixture.

These candy recipes are professional formulas reduced to home terms and proportions.

CHOCOLATE CARAMELS

1 cup sugar
1 cup light molasses
¾ cup light cream
2 tablespoons butter
4 squares (ounces) unsweetened chocolate, grated
1 teaspoon vanilla

Combine sugar, molasses, half the cream, butter and chocolate in large saucepan and cook, stirring constantly, until the syrup spins a thread — 230° F. Gradually add remaining cream, not more than a tablespoon at a time, and continue cooking until a little dropped into cold water forms a firm ball — 248–250° F. Remove from fire, add vanilla and turn into oiled pan (¾″ thick). When cold cut into squares and wrap in waxed paper.

VANILLA CARAMELS

1 cup sugar
1 cup light corn syrup
½ teaspoon salt
⅔ cup light cream
1 teaspoon butter
2 teaspoons vanilla

Combine sugar, syrup, salt and half the cream in large saucepan. Stir until boiling, then cook until the syrup spins a thread (230° F.) stirring frequently. Add butter and remaining cream, not more than a tablespoon at a time, and continue cooking, still stirring frequently, until a little dropped into cold water forms a firm ball — 248–250° F. Add vanilla and turn into oiled pan (¾″ thick). When cold cut into squares and wrap in waxed paper.

1 cup broken nut-meats may be added to either of the above mixtures just before turning into the pan.

BUTTERSCOTCH

3 cups sugar
¾ cup corn syrup
1½ cups water
6 tablespoons butter
2 teaspoons vanilla

Combine sugar, syrup and water and cook, stirring only until sugar is dissolved, to 270° F.

Add butter and continue to cook to 284° F., stirring constantly after butter is added. Remove from fire, add vanilla and pour into oiled pan or onto oiled slab between oiled bars. When almost cold mark into squares and break apart when cold.

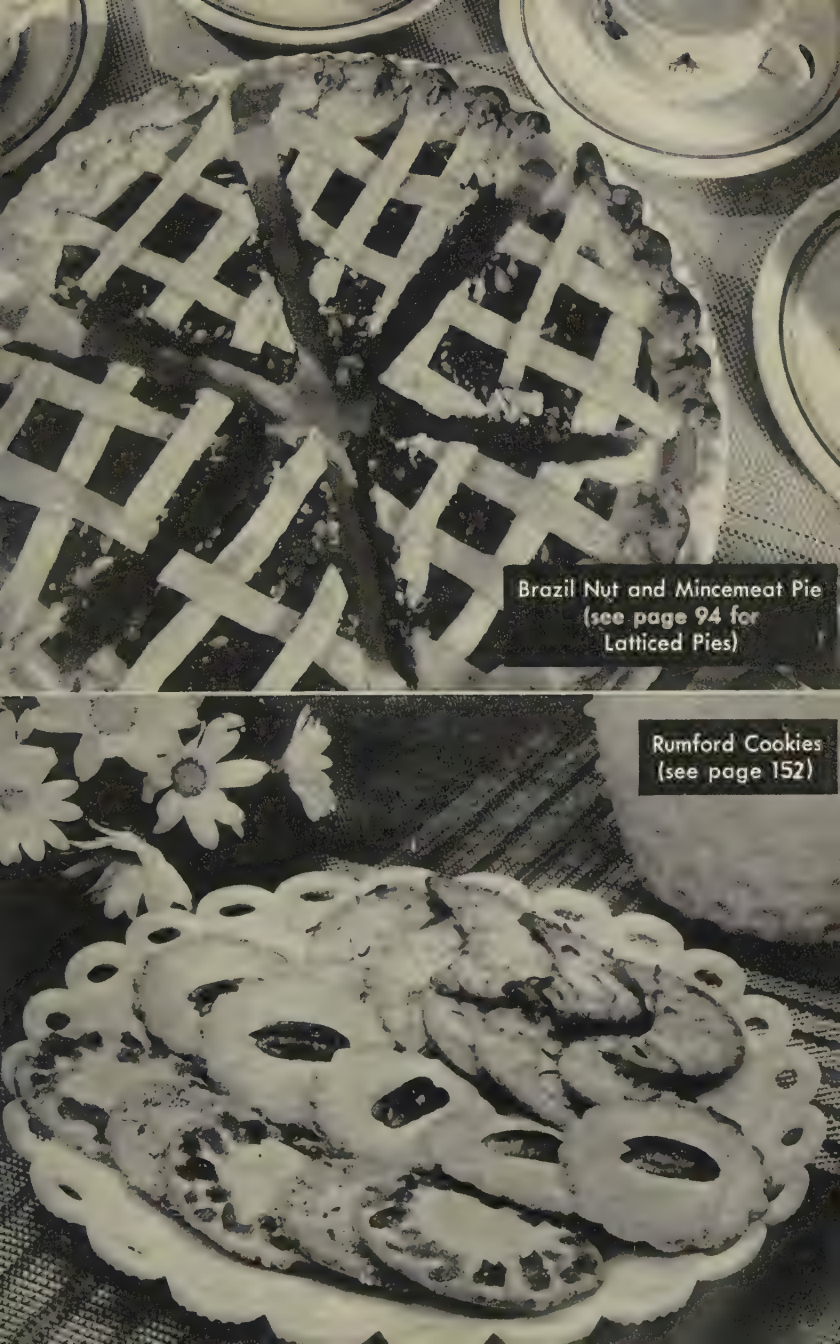
MARSHMALLOW KISSES

Dip wiped marshmallows gently, one at a time, into hot Butterscotch, lift out with fork and invert on oiled platter.

GLACÉ

2 cups sugar
⅔ cup boiling water
⅛ teaspoon cream of tartar

Combine all ingredients in saucepan, stir only until sugar is dissolved, then cook quickly until a little dropped into cold



Brazil Nut and Mincemeat Pie
(see page 94 for
Latticed Pies)

Rumford Cookies
(see page 152)

Mint Grapefruit Temptation
(see page 191)
Rumford Shortcakes (see
Rumford Biscuit for Shortcake
(see page 102)

water cracks — 310° F. Remove immediately from fire and dip base of saucepan for a second into cold water to check further cooking. Gently immerse in the hot syrup perfect whole or half nut-meats, small pieces of candied pineapple or whole candied cherries, lifting out with a fork and inverting onto oiled platter to harden. Be careful not to shake or stir the syrup as this causes it to cloud. Glacé thickens as it cools but may be gently reheated over a moderate flame. Any syrup left over after dipping may be colored and flavored, then dropped from lip of saucepan onto oiled platter in small wafers about the size of a quarter.

CHOCOLATE FUDGE

3 cups sugar
2 tablespoons corn syrup
3 tablespoons butter
3 squares (ounces) unsweetened chocolate
¾ cup milk
1 teaspoon vanilla
1 cup broken nut-meats, optional

Combine sugar, syrup, butter, chocolate and milk in large heavy saucepan and cook, stirring only until sugar and chocolate are melted, until a little dropped into cold water forms a soft ball — 238° F. Remove from fire and when almost cold, add vanilla and beat until Fudge loses its glossy appearance and is firm enough to hold its shape when a little is dropped from the spoon. Stir in nut-meats, if used, and turn into greased pan (¾″ thick). Cut into squares when firm.

COCONUT FUDGE

2 cups sugar
1 tablespoon butter
¾ cup milk
1 teaspoon vanilla
⅔ cup shredded coconut

Combine sugar, butter and milk in large heavy saucepan and cook, stirring only until sugar is dissolved, until a little dropped into cold water forms a soft ball — 238° F. Remove from fire and when almost cold, add vanilla and beat until creamy. Stir in coconut and turn into greased pan (¾″ thick). Mark into squares when almost set and cut apart when cold.

PENUCHE

2 cups brown sugar
2 tablespoons butter
¾ cup milk
⅔ cup chopped walnuts

Combine sugar, butter and milk and cook, stirring only until sugar is dissolved, until a little dropped in cold water forms a soft ball — 238° F. Remove from fire, cool to lukewarm, then beat until mixture begins to hold its shape. Stir in walnuts and turn into greased pan (about ¾″ thick). Cut into squares when firm.

SEA FOAM

3 cups brown sugar
1 cup water
1 tablespoon vinegar
2 egg whites
1 teaspoon vanilla
1 cup chopped nut-meats

Combine sugar, water and vinegar and cook, stirring only until sugar is dissolved, until a little dropped into cold water forms a soft ball — 238–240° F. Pour slowly over stiffly beaten egg whites, beating while pouring and continuing beating until mixture becomes creamy. Add vanilla and nut-meats and beat again until mixture will hold its shape, then drop from tip of a spoon onto waxed paper or turn into greased pan and cut into squares when cold.

HURRY UP FUDGE

3 squares (ounces) unsweetened chocolate
1⅓ cups (1 can) sweetened condensed milk
1½ tablespoons butter
1 tablespoon vanilla
2 cups confectioners' sugar
½ cup chopped nuts

Melt chocolate in upper part of double boiler, add milk and stir for five minutes or until mixture becomes quite thick. Remove from fire, add butter, vanilla and sifted sugar. When well blended, fold in nuts, turn into a greased pan and smooth surface with spatula. Chill, then cut into squares.

PECAN SLICES

1 cup light cream — **1 cup light brown sugar**
2 cups sugar — **½ cup light corn syrup**
1 cup pecans, finely chopped

Cook cream, sugars and syrup together in large pan until a little dropped into cold water forms a soft ball — 238° F. Cool, beat with spoon until creamy, work in half the nuts and form into a roll, pressing remainder of nuts into the surface of this. Place in cool place to harden and slice, when firm, using a sharp knife.

MAPLE KISSES

2 cups sugar — **¾ cup water**
⅔ cup maple syrup — **1 teaspoon vanilla**
¾ cup coarsely broken walnuts or pecans

Cook sugar, syrup and water together in heavy pan, stirring just until sugar is dissolved, until a little dropped into cold water forms a soft ball — 240° F. Cool until lukewarm, then beat until creamy. Stir in vanilla and nuts and drop from tip of spoon in small rough heaps onto greased platter.

MOLASSES CANDY

1 cup sugar — **1½ tablespoons vinegar**
2 cups molasses — **½ teaspoon baking soda**
½ cup water — **2 tablespoons butter**

Cook sugar, molasses, water and vinegar until a little dropped into cold water is brittle — 256–260° F. Remove from fire, add butter and soda and blend thoroughly. Turn into oiled pan and cool until mixture can be handled easily, then stretch and pull (with oiled fingers) until light colored. Finally stretch into long rope, cut with scissors and wrap in waxed paper. If desired, flavor with a few drops of peppermint or wintergreen when adding the soda.

CHOCOLATE NUT CLUSTERS

½ pound milk chocolate **⅛ teaspoon salt**
2 cups coarsely chopped nuts

Melt chocolate in upper part of double boiler. Add salt and nuts and drop from tip of a teaspoon onto waxed paper. Set aside to harden.

JELLY SQUARES

4 envelopes gelatine
1 cup cold water
4 cups sugar
¼ teaspoon salt
1½ cups boiling water
1 teaspoon cinnamon extract
½ teaspoon peppermint extract
Red and green coloring

Soften gelatine in cold water. Bring sugar, salt and boiling water together to boiling point, add first mixture, stir until gelatine is dissolved, then boil slowly for 15 minutes. Divide into two portions — to one add red coloring and cinnamon extract, to the other green coloring and peppermint extract. Turn into pans about 8″ × 4″ (previously dipped into cold water) and let stand at least 12 hours. Turn onto board lightly covered with powdered sugar, cut into cubes with sharp knife and roll in powdered sugar.

PEANUT BRITTLE

2 cups sugar **2 teaspoons butter**
1 cup coarsely chopped nuts

Melt sugar in heavy iron frying pan over moderate heat, stirring constantly, until all lumps have disappeared and sugar is a rich golden color. Remove from fire, add butter and pour over nuts which have been spread in a shallow well-greased pan. When cold break into pieces.

BEVERAGES

COFFEE

If coffee is to be consistently good, certain definite rules must be observed in its making:

1. Choose the blend *you* like — this will vary with individual tastes.
2. Be sure it is the right grind for the method employed in the making.
3. Use enough coffee. The proportions of one heaping tablespoon of coffee to each 6 ounces or ¾ measuring cup of water will suit most tastes but may be modified as desired.
4. Have your coffee pot absolutely clean.

DRIP COFFEE

Place measured coffee (drip grind) in upper compartment of scalded pot, pour over it correct quantity boiling (freshly boiled) water, let drip through slowly once and serve immediately, piping hot.

PERCOLATED COFFEE

Place water (cold or boiling as preferred) in lower part of percolator. Measure coffee into its compartment over water and percolate. The actual time depends on the type of percolator, on whether one starts with cold or boiling water, and on the strength desired — but do not over "perk."

BOILED COFFEE

With cold water: Combine measured coffee and water, bring slowly to boiling, stirring occasionally, and let stand three to five minutes before serving. Clear with a little cold water or beaten egg.

With boiling water: Combine measured coffee and water, boil up rapidly once or twice, and settle as directed.

DEMI TASSE or AFTER-DINNER COFFEE

Make demi tasse or after-dinner coffee double strength *i.e.*, two heaping tablespoons of coffee to each ¾ cup of water. Prepare by any preferred method. Serve black.

For *Spiced After-dinner Coffee* add one or two cracked cardamom seeds to each ¾ cup or stir the coffee with a four-inch stick of cinnamon.

CAFÉ AU LAIT

Make coffee double strength. To serve pour into each cup simultaneously from two containers equal parts coffee and freshly scalded rich milk.

ICED COFFEE

Make coffee double strength then pour hot into tall glasses filled with cracked ice or ice cubes. Add cream and sugar to taste. Iced coffee may be topped with a spoonful of whipped cream into which a little fresh grated orange rind has been stirred, or the surface of the cream may be dusted with cinnamon.

TEA

Use preferably a glass or earthen teapot. Scald it, put in the tea (2 teaspoons to each pint of water) and pour over it fresh boiling water. Cover and let stand in a warm place but where the tea will not boil, from three to five minutes to "draw." If it cannot be used at once strain the tea into another pot.

ICED TEA

Use freshly made tea of double strength pouring it into glasses lightly filled with cracked ice or ice cubes. Serve with sugar and lemon.

CHOCOLATE

2 squares (ounces) unsweetened chocolate
1 cup water
3 cups milk
3 tablespoons sugar
Pinch of salt

Combine chocolate and water in upper part of double boiler. Place over direct heat and stir until chocolate is melted

and blended, then cook three minutes, stirring constantly. Place over hot water, add milk, sugar and salt and when thoroughly heated beat with rotary beater until light and frothy.

If desired a spoonful of whipped cream or a marshmallow may be placed on top of each service. Serves 4.

COCOA

4 tablespoons cocoa
3 tablespoons sugar
Pinch of salt
1 cup water
3 cups milk

Combine cocoa, sugar, salt and water, place over direct heat, stir until smooth, and boil three minutes. Add milk and heat slowly just to boiling point either over direct heat or over boiling water. Top with whipped cream or marshmallows if desired. Serves 4.

CHOCOLATE CREAM NECTAR

2 squares (ounces) unsweetened chocolate
1 cup fresh coffee
3 tablespoons sugar
Pinch of salt
3 cups milk
1 teaspoon vanilla
Cracked ice or ice cubes
Whipped cream

Combine chocolate and coffee in upper part of double boiler, place over direct heat, stir until sugar is melted, then boil three minutes, stirring constantly. Add sugar, salt and milk and when heated beat until light and frothy. Cool, add vanilla, chill. Serve in glasses lightly filled with cracked ice or ice cubes, topping with a spoonful of whipped cream. Serves 4.

GRAPE JUICE

Grapes
Sugar

Pick grapes from stalks, crush and simmer over a gentle heat until juice flows freely. Strain through jelly bag or fine

cheese cloth, pressing out all possible juice. Measure, then scald juice adding 1½ cups sugar for each quart. Stir only until sugar is dissolved, then boil five minutes. Turn into sterilized bottles and seal.

RASPBERRY SHRUB

Raspberries **Vinegar** **Sugar**

Crush 2 quarts of raspberries and cover with 2 quarts of vinegar. After two days strain through jelly bag or fine cheese cloth and pour the same vinegar over a further 2 quarts of raspberries. Let stand again for two days, then strain. Measure and add one pound of sugar for each pint of liquid. Boil together five minutes, skim, turn into sterilized bottles and seal. Use 2 tablespoons or more to a glass of water.

BLACKBERRY CORDIAL

1 quart blackberry juice
1 pound sugar
1 tablespoon mixed ground spices—cinnamon, cloves, allspice, nutmeg

Prepare blackberry juice by crushing, scalding and straining berries through jelly bag or cheesecloth. Measure, add sugar and spices tied in cheesecloth. Bring to boiling point and boil 15 minutes. Skim, cover and when cold, remove spices, turn into sterilized bottles and seal.

FRUIT PUNCH FOR 25

1 pint grapefruit juice
1 pint orange juice
1 pint grape juice
1 #2 can pineapple juice
1 cup lemon juice
1½ cups sugar syrup
2 quarts ginger ale
Ice or ice cubes

Chill all fruit juices. Combine with sugar syrup and turn into punch bowl over block of ice or ice cubes, adding ginger ale at the moment of serving.

SUGAR SYRUP FOR SWEETENING FRUIT DRINKS

Boil together for five minutes equal parts sugar and water. Store, closely covered, in refrigerator.

1¼ tablespoons of this syrup equals 1 tablespoon sugar in sweetening power.

CRANBERRY ADE

1 pint cranberry juice or bottled cranberry juice cocktail
Juice 2 oranges
Juice 2 lemons
1 cup pineapple juice
1 cup water
Sugar syrup to sweeten
Ice or ice cubes

Combine all ingredients and pour into glasses over cracked ice or ice cubes. Serves 4–6.

MINT-GRAPEFRUIT TEMPTATION

Thinly peeled rind and juice 2 oranges
1 bunch fresh mint
1 cup sugar
2 cups water
Juice 3 lemons
1 #2 can grapefruit juice
Cracked ice or ice cubes

Combine orange rind and mint and pour over them the sugar and water which have been boiled together for five minutes. When cold strain, add fruit juices and pour into glasses over cracked ice or ice cubes. Garnish with half slices of orange and sprigs of mint, additional. Serves 6.

LIME LEMON COOLER

⅔ cup bottled lime juice or juice 6 fresh limes
Juice 2 lemons
Sugar syrup to sweeten
Ice or ice cubes
Plain or charged water

Combine lime and lemon juice, add syrup, blend thoroughly and divide into six tall glasses — half filled with cracked ice or ice cubes. Fill glasses up with plain or charged water, stir and serve immediately.

A thin strip of lemon rind may be placed over the rim of each glass, or a fresh strawberry or a candied cherry added for its color note. Serve preferably with sippers. Serves 6.

MULLED CIDER

3 inches stick cinnamon
½ teaspoon whole allspice
½ teaspoon whole cloves
1 quart sweet cider
¼ cup brown sugar
Slight grating nutmeg

Break cinnamon small and tie with allspice and cloves in cheesecloth. Add the cider and sugar and bring together to boiling point. Remove spices, pour into cups or mugs and grate a very little nutmeg over each. Serves 4.

INDIVIDUAL MILK SHAKE

Two-thirds fill a tall glass with cold milk. Add 2 tablespoons any preferred flavoring — fruit juice, chocolate syrup, malted milk powder, etc. Sweeten, if desired, add cracked ice to fill glass and turn into shaker and shake vigorously; or pour several times from one glass to another. Dust with cinnamon or nutmeg.

For the Sick and Convalescent

Perhaps one of the greatest stimulants in arousing the interest of a patient comes through the variety and attractiveness in the service of meals. Remember always that small servings have a distinct advantage over large ones; the invalid can always request *more* but the very sight of too large a portion has a definitely repellent effect.

Bring hot liquids, tea, beef tea, broths and similar foods, to the patient's room in a covered heated pitcher, then pour into a heated cup. In this way the food is served piping hot and, equally important, there is less danger of spillage.

With a limited diet serve such foods as are permitted in as varied forms as possible to avoid the appearance of sameness. With beef tea, for example, ring the changes between hot, cold

and jellied. Practically the same food in each instance but more acceptable because served differently.

And don't overlook fruit juices. Their dietary value is unquestioned and their number is so legion that there need be no frequent repetition here.

A specially attractive tray with spotless linen and perhaps a flower for the adult or an amusing gadget for the youngster, will often tempt the patient to eat what would otherwise remain untouched. Serving the meal in courses also adds to the interest. Be sure to remove tray and dishes just as soon as the patient has finished eating and *never* use the same dishes or glasses for food as are associated with medicine in the mind of the patient.

EGGNOG

1 egg — **1 tablespoon sugar**
Pinch of salt — **⅔ cup milk**
1 tablespoon wine

Beat egg white to a stiff froth with the salt. Beat egg yolk until light with sugar, add milk and wine and fold in the stiffly beaten white. The egg may be beaten without separating if preferred.

LEMONADE

Juice of 1 lemon — **¾ cup water**
1½ tablespoons sugar — **1 or 2 ice cubes**

Squeeze lemon juice over sugar, add water and stir until sugar is dissolved. Pour into tall glass over ice cubes and garnish with a sprig of mint, an orange slice or a fresh berry. 2 tablespoons sugar syrup may be substituted for the sugar if desired.

BARLEY WATER

2 tablespoons pearl barley — **⅓ teaspoon salt**
1 quart cold water — **1 tablespoon lemon juice**

Wash barley and soak several hours in the water. Add salt and simmer until liquid is reduced to one pint. Strain through fine cheesecloth, add lemon juice and a little sugar if liked.

OATMEAL GRUEL

¼ cup rolled oats **¼ teaspoon salt**
1⅓ cups boiling water **Hot milk**

Blend oats, water and salt in upper part of double boiler, cook over direct heat five minutes, then over hot water one hour. Strain, bring again to boiling point and dilute with hot milk to make of desired consistency.

CLAM BROTH

1 dozen clams in shells **1 cup water**

Scrub clams very thoroughly changing the water several times. Place in saucepan with water, cover and cook until shells open. Discard shells but reserve all liquor. Strain through double cheesecloth and serve hot, cold or frozen.

BEEF JUICE

½ pound top round of beef **Pinch of salt**

Have meat cut thick and broil about two minutes to "start" the juice. Sprinkle with salt, cut into pieces and squeeze out all juice using a meat press or potato ricer. A half pound of beef should yield about 4 tablespoons of juice. This must be prepared fresh for each serving.

BEEF TEA

1 pound round steak **1 pint water** **½ teaspoon salt**

Cut meat in very small pieces or better still scrape it from the fiber. Add water and let stand one hour. Turn into glass jar, cover and place in a saucepan of cold water having a folded cloth on bottom of the pan to protect the jar. Heat very slowly to about 140° F. and cook two hours. Strain and press as much meat fiber as possible through the strainer. Season.

Beef tea may be served hot or cold; it may also be jellied by the addition of ½ envelope gelatine to each half pint of

beef tea, softening this in a tablespoon of cold water then dissolving it over hot water.

BEEF AND TAPIOCA BROTH

½ pound round steak
1 pint cold water
1 teaspoon quick-cooking tapioca
Salt
1 egg yolk

Cut meat into very small pieces, place in upper part of double boiler, add water and let stand half an hour. Then add tapioca and cook gently, over hot water, for two hours. Strain, pressing as much as possible of the pulp through the strainer. Season, reheat and pour over beaten egg, beating while pouring. Serve immediately.

SAVORY CUSTARD

2 eggs
⅙ teaspoon salt
Dash of pepper
1 cup beef tea or beef or chicken stock

Beat eggs until light but not foamy, add salt and pepper, then pour beef tea or stock (hot) over eggs, beating while pouring. Strain into two buttered custard cups, place in a pan of hot water, cover with greased paper and bake in slow oven (325–350° F.) until custard is just set. Test by inserting thin knife blade; when this comes out clean remove from heat immediately. Unmold and serve hot or cold.

CUSTARD SOUFFLÉ

2 teaspoons butter
2 teaspoons flour
⅓ cup milk
1 egg
1 tablespoon sugar
Few drops vanilla

Melt butter in saucepan, add flour and blend smoothly. Add milk, bring to boiling point and cook three minutes. Separate egg, beat yolk and sugar and add to first mixture with flavoring, then finally, fold in gently the stiffly beaten egg white. Turn into two buttered custard cups, place in a pan of hot water and bake in slow oven (325–350° F.) until set, about 15 minutes. Serve immediately.

BEEF PATTIES

¼ pound very lean round steak Salt and pepper Toast

Cut meat into strips, remove every particle of fat and scrape the pulp from the fiber. Season lightly, remembering that the palate is more sensitive to seasonings in sickness than in health. Form into very small patties and broil about two minutes, turning to cook both sides. Serve on hot toast.

SCRAPED BEEF SANDWICHES

½ pound very lean steak Salt and pepper
Plain or buttered bread or toast

Remove all fat, cut meat into strips, scrape the pulp from the fiber and season. Spread on slices of buttered or dry bread or toast and cut into finger strips.

CARVING

Two things are essential to good carving, first a basic knowledge of the structure of that which is to be carved, and second good tools with which to work.

Meat

Rib Roast

With a standing roast cut thin slices the full length of the joint. The heavy round muscle is the choice portion of the roast, the meat at the thinner end being somewhat less tender as well as fatter. Frequently this thin end is cut off and braised or served as pot roast.

With a rolled roast carve in thin slices right across the surface of the meat. Skewers or tieing cords must be left in place until the carver reaches each one.

Porterhouse or T-Bone Steak

Insert knife close to the bone and cut the meat away from it. As far as possible serve to each a little of the tenderloin (under side) with a portion from the upper side of the steak.

Sirloin Steak

Remove bone by cutting down close around it with knife tip, then cut meat into slices approximately an inch wide.

Ham, Fresh or Smoked

A whole fresh or smoked ham may be carved from either the thin or the broad end and should always be cut in thin rather slanting slices as in this way the fat and lean are more evenly distributed.

With a half ham naturally one begins to carve at the cut side, again in thin even slices.

Tongue

The center slices are the choice ones; the tip being somewhat dry is best reserved and ground for potted meat, sandwiches,

etc. With a cold rolled tongue, cut in even slices right across from right to left.

Leg of Lamb

Having the fleshy side of meat uppermost, cut even moderately thick slices right down to the bone, beginning to carve at about the middle of the leg and working toward the heavy end. Or, if preferred, begin at the heavy end and carve toward the center.

Loin of Lamb, Pork or Veal

Be sure that the bones have been thoroughly cracked where the ribs join the back bone, then cut from bone tips down to platter allowing one rib to each service unless meat is very heavy when one portion may be with, another without, bone.

Crown Roast of Lamb or Pork

This is the easiest of all joints to carve, merely requiring slicing straight down from top to platter between each two ribs.

Poultry

Roast Chicken

Have bird placed on platter breast up, legs to the right. Cut around leg joint through skin and flesh, then with slight twist of the fork draw leg joint toward carver and separate with knife tip right at the joint. Do the same with the wing. Now cut thin lengthwise slices from the breast. Make a cross cut in the "apron" to better insert the spoon for the service of the stuffing.

Roast Turkey

Carve in the same manner as roast chicken. The second joint is the choice part of the dark meat. It is nice to provide a small platter or plate on which the leg (second joint and drumstick) may be placed and divided so as to give a portion of dark meat with white for those who desire it.

Roast Duck and Goose

These are carved in practically the same manner as roast chicken. The breast, however, is thinner and both leg and wing joints lie somewhat closer to the body. It is generally conceded that the leg of a flying bird and the wing of a swimmer are, with the breast, the choicest portions.

Broiled Chicken or Duckling

These will have been split down the back before cooking. To carve divide lengthwise. With small birds one half is allowed for each portion, with larger ones cut both lengthwise and crosswise, thus giving four portions.

Fish

With baked whole fish such as haddock, bluefish or whitefish, cut through skin and flesh right to back bone, loosen from the bone and serve each portion as cut. To serve second half of fish (behind bone) remove backbone and carve in similar manner.

Serve boiled thick cuts of fish in the same manner as baked fish. With salmon, however, be sure to serve a little of the thick and a little of the thin flesh to each person.

Cod steaks, if small, are served whole; if large, they may be divided lengthwise. Halibut steak is easily separated lengthwise and crosswise at the central bone.

Flounder, sole and haddock when fried, broiled or baked are usually filleted (bones removed) before cooking, this making them very easy to serve.

With planked fish the center cuts are considered the choicest. The fish, being laid flat, needs only to be divided into portions.

Broiled fish, mackerel and bluefish, are usually split before cooking. Divide lengthwise down center, then crosswise into portions.

In carving any fish try to avoid breaking the flakes and to serve as little bone as possible. Failing regulation fish servers, use a silver knife and fork or a spoon and fork, never steel.

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OUR TOWN

We call Rumford OUR TOWN *— yours, as well as ours — because we know that some of it belongs to you . . .*

If you get a longing now and then for the clean, sure beauty of a New England town, for the rest you find there among simple things, for the feeling that New England soil holds the roots somehow of all the America we love . . . *this* belongs to you, and to us.

Or, if you have a husband who comes home tired and hungry, and who likes to think of you as the girl he took picnicking years ago . . . the girl who could bake a cake like no other woman in the world . . . then our town is your town, too.

Or, if a hard-playing boy and a blue-eyed girl raid your cake box and call for hot biscuits and honey . . . and you, tired and weary, perhaps, just keep on baking, filling the cake box and serving up the biscuits . . . because you, and only you, know how swiftly the hard years pass by . . . then there's a part of our town that has found its way to you.

For our town *is* a New England town, set where the fields are green, and where the air is as clean as the air after rain . . . and it was here that Rumford, the first scientifically-developed baking powder, began its endless contributions to the world of baking.

Count Rumford, whose name we bear, was himself a Yankee — an ingenious man who won fame and title abroad for his study of diet — the *first* scientific study of diet ever made — the *first* opening of that great field of knowledge which has meant so much to you . . . and to humanity.

Our town . . . yes, yours, as well as ours . . . and whether you use Rumford Baking Powder or not, Count Rumford's achievements and our own 85 years of pioneering in the field of modern baking powder science have been of service to you . . . and to the world.

Visit RUMFORD, RHODE ISLAND

—home of Rumford Baking Powder for more than eighty-five years. A cordial welcome awaits you.